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PHYSIOLOGICAL DEPARTMENT,
UNIVERSITY OF GLASGOW.



REPORT
UPON A
STUDY OF THE DIET
OF THE
LABOURING CLASSES IN THE CITY OF GLASGOW
CARRIED OUT DURING 1911-1912,
UNDER THE AUSPICES OF
THE CORPORATION OF THE CITY,

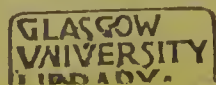
BY
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WITH AN INTRODUCTION BY
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INTRODUCTION.

To say that the prosperity of a city depends largely upon the health and vigour of its labouring classes is perhaps a truism. But, judging by the scant attention which is paid to the study of the factors which influence the vigour of a community, it is a truism the significance of which is not always fully appreciated.

While it may be admitted that the strength and resourcefulness of a people can be developed only by the stimulus of competitive struggle, that muscle and nerve can attain their full efficiency only by being kept constantly active, it must be recognised that, unless an adequate diet is obtainable, unless muscle and nerve are provided with the materials out of which they are built up, and from which their store of energy is derived, the work-doing power and vitality of the race must suffer.

Food is the fuel—the source of energy—of the human machine, and not only the fuel, but the very material out of which the body is constructed.

From the food the muscles must be built before they can liberate and make use of the energy contained in the food subsequently consumed. Hence the capacity of an individual for work depends not only upon his nourishment from the time of his birth, but also upon the nutrition of his parents, and particularly upon the nutrition of his mother before his birth.

For this reason, not only must a man's diet during his working years be considered, but also his nourishment during the whole period of his development and growth. Throughout his existence his ultimate power as a wage-earner is being influenced by the character of his food supply.

Under natural conditions of trade, the working man brings into the market his energy—his power of doing work—and obtains for it the most favourable price he can secure. His profits depend, on the one hand, upon the amount of energy he can supply and the price at which he can sell it, and, on the other hand, upon the price for which he can buy his *source of energy*—his food. An abundance of cheap and good food is the first essential for a productive working class.

The food, to be available, must not only be eaten—it must be digested and absorbed so that it may be used by the muscles. Hence any disturbance in the organs of digestion, induced by inappropriate or imperfect feeding in early life, or by neglect of the teeth in childhood, handicaps a worker throughout his whole life by limiting the supply of energy available for work.

Such a statement of the vital importance of diet may be safely accepted, while recognising that other factors also play their part in influencing the working capacity of a community. The inertia of heredity, the influence of disease, the influence of the surroundings, sanitary or insanitary, during the period of growth, all have their effect, and none can be neglected.

The present inquiry, the results of which Miss Lindsay here records, is concerned with the question of diet. *Do the working classes of this city get such a diet as will enable them to develop into strong, healthy, energetic men, and, as men, will enable them to do a strenuous day's work; or are the conditions of the labouring classes such that a suitable diet is not obtainable?*

Further, if a suitable diet is obtainable, and is obtained, is it procured, or can it be procured, at a cost low enough to leave a margin sufficient to cover the other necessary expenses of the family life, with something over for those pleasures and amenities without which the very continuance of life is of doubtful value?

If the necessary food cannot be procured at such a cost, it is conceivable that even a very small contribution to insurance for problematic benefits in future years may decrease the expenditure on the family diet, and thus involve imperfect physical development in childhood, and the benefits may thus be bought at too great a price. The results of the present enquiry suggest the necessity of carefully considering this question.

DIETARY REQUIREMENTS.

For such an investigation as the present a knowledge of what is an adequate supply of food at different periods of life and under different conditions of life is required.

It is unnecessary here to discuss at length the physiology of dietetics. This is considered in all Text Books of Physiology. It is sufficient merely to indicate the main factors which must be known in order to appreciate what is required in a diet and to estimate the value of various diets.

The amount of food required depends primarily upon the amount of work to be done. And it must be remembered that the work of building up the body by the child after its birth, and by the mother before its birth, differs only in type from the mechanical work of the artisan. Energy is also expended in keeping the body warm; and, as a matter of fact, about three-fourths of all the energy taken in the food is expended as heat.

Energy is used in many different ways; and it may be measured in different ways. It may be used to heat so much water, and the heat may be converted into mechanical work as in a steam engine.

To determine the energy value of any food the simplest plan is to burn it, and to find how much heat is yielded by measuring to what extent a given bulk of water is heated

For convenience, the amount of energy required to heat 1 kilogram (about $2\frac{1}{4}$ lbs.) of water through 1°C . is accepted as the energy unit in considering the energy requirements of human beings, and this is called a *Calorie*.

The energy of 1 Calorie, if used for mechanical work, is sufficient to lift 425.5 kilograms (938 lbs.) to the height of 1 metre ($39\frac{1}{2}$ inches).

This being so, if the amount of mechanical work a man is doing and the amount of heat he is giving out be measured, the total amount of energy he is expending is found, and, since one is convertible into the other, it is immaterial whether this is expressed in heat units, Calories, or in work units. It is more convenient to express it in Calories.

The investigations of physiologists have shown that *for a moderate day's work 3,500 Calories of energy should be supplied in the food of a working man.*

A woman is generally smaller than a man, and performs less mechanical work. But the day's work of a housewife is no mean task, and if the labour of child-bearing is added, it is manifest that an allowance of energy not far short of that required by a man should be furnished to a woman. It may be taken that, on an average, $\frac{8}{10}$ (or .8) as much energy, *i.e.*, 2,800 Calories, should be allowed.

Young growing children require per unit of weight far more energy than an adult; but, since their weight is small, the total amount of energy they require is lower than that required by a man. Atwater gives the following allowances:—

Woman,	equivalent to 0.8 of a man at moderate labour.		
Boy, 14-16,	„	0.8	„
Girl, 14-16,	„	0.7	„
Child, 10-13,	„	0.6	„
Child, 6-9,	„	0.5	„
Child, 2-5,	„	0.4	„
Child, under 2,	„	0.3	„

Other methods of study tend to the conclusion that for growing lads between 13 and 18 the allowance in this table is too small. But since this standard has been used in previous dietary studies, it has been retained in the present investigation. The use of so low a standard will tend to mask any deficit in the diets studied; but even upon this basis, the results here recorded show that, in too many cases, the diet is quite inadequate.

Atwater's table is particularly useful when investigating, as the present enquiry does, the diets of families.

Obviously a family, consisting of father, mother, and four children, requires a larger supply of energy per diem than a family of a mother and one daughter. To compare the requirements of the one with the other, it is convenient to express them in some common term, such as *the requirements of a man per day*.

To do this, the requirement of each member of the family is set down in terms of the requirements of a man taken as unity. So that the requirements of the families instanced above would be stated—

FAMILY I.				FAMILY II.			
Man,	1.0		Women,	0.8	
Woman,8		Girl of 14,	0.7	
Boy, 14,8					
Child, 11,6					
„ 9,5					
„ 5,4					
		<hr/>				<hr/>	
		4.1 men.				1.5 men.	

The dietary requirements of the first family is that of 4.1 men, of the second 1.5 men. If, then, we find the food consumed by each family, and divide that of the first family by 4.1, and that of the second by 1.5, we shall express it in each case as the food consumed per one man per diem, and we can thus at once compare the one with the other.

This method is adopted throughout the present investigation.

If a family diet expressed in this way gives a yield of energy of less than 3,500 Calories per man per day it is insufficient for active work, and if less than 3,000 Calories it is quite inadequate for the proper maintenance of growth and of normal activity.

The energy of the food is contained in three different constituents :—
(1) The Proteins—Albuminous Foods, such as Flesh; (2) the Carbohydrates—Sugars and Starches; and (3) the Fats.

The energy-value of each of these is got by burning them. Burned in the body, 1 gram of—

Protein	yields	4.1 Calories.
Carbohydrate	„	4.1 „
Fat	„	9.3 „

Thus a lb. of Fat yields more than twice the energy of a lb. of Protein or of Sugary food.

The proportions of these constituents which should be present in the food is determined by—

1. The energy-value of each.
2. The amount of each which can be digested.
3. Their relative cost.

The sugars and starches are the cheapest and most readily digested of the food stuffs, and hence, in an economical diet, they should be largely used. But under ordinary conditions only about 500 gm.*

* 1 gramme	=	.035 oz.
1 kilogramme	=	2.20462 lbs.
1 lb.	=	453.6 grms.
1 oz.	=	28.35 grms.

(about 1 lb.) can be digested in 24 hours without digestive troubles supervening, although in many individuals more can be used.

Of carbohydrates, 500 grm. yield 2,050 Calories of energy. Hence, to make up 3,500 Calories, 1,450 must be procured from fats and proteins. Fats are expensive. Margarine at 8d. per lb. yields 435 Calories of energy per penny, while sugar at 2½d. a lb. yields 1,860 Calories—more than four times that yielded per penny spent on fats. In the diet of the wealthier classes there is a tendency to increase the fats at the expense of the carbohydrates, while in the diet of the poor the reverse is the case.

Fats are not only expensive, but when taken in large quantities they are apt to upset digestion. For these reasons it is inexpedient that the amount of fat eaten should greatly exceed 100 grm. per diem. This will yield 930 Calories of Energy, and thus 520 Calories are left to be made up by proteins. About 120 grm. of the latter materials will yield this amount of energy.

It is unnecessary here to discuss the question of whether it is possible to maintain life on smaller amounts of protein. The practical point is that 120 grm. is found desirable if a well-balanced diet yielding 3,500 Calories is to be procured. Further, there is satisfactory physiological evidence that the consumption of proteins increases the activity of the chemical changes in the body, and so facilitates the setting free of energy, thus increasing the working capacity of the body. Certain it is that all energetic races in cool climates obtain, when they can afford it, at least 120 grm. of protein per man per diem.

Since the muscles and all active tissues of the body are built up of proteins, the necessity of an adequate supply of these in the diet of growing children is so manifest as to require no further elaboration.

It is thus possible to establish a definite dietary standard. For men at moderate work this should yield 3,500 Calories of energy, and should contain 120 grm. of protein per man per diem; and for women and children a proportionate diet should be provided, arranged on at least as liberal a scale as that in Atwater's table given above.

METHODS OF INVESTIGATING DIETARIES.

The method of study in the present investigation is precisely the same as that adopted in the Edinburgh investigations carried out by Dr. Dunlop, Dr. Elsie Inglis, and myself ("A Study of the Diet of the Labouring Classes in Edinburgh." Otto Schulze & Co., Edinburgh, 1900.) It was devised by Atwater for his American studies.

A study is made as follows:—

1. The consent of the heads of the house is secured.
2. A complete list of the members of the family is made, and notes of the social conditions are taken.
3. The study is then begun.

(i.) A full inventory is taken of all the food in the house, each article being weighed upon a spring balance tested at the Physiological Laboratory of the University. The price paid is also noted.

(ii.) During the week or fortnight of the study all the food brought into the house is weighed and the price noted.

(iii.) At the end of the study another inventory is made. This, when subtracted from (i.) and (ii.), gives the amount of food consumed.

(iv.) A note is kept of the number of meals at which each member of the household was present, three meals constituting "a day."

(v.) When any waste was present, this was, when possible, collected in a covered tin pail and sent up to the Laboratory for investigation. In the studies of the poorer families, waste was absent—all edible food was consumed. A distinction must, of course, be drawn between *waste* and *refuse*, such as potato parings, &c.

The results were entered by the visitor making the study in specially prepared note books.

These books were then sent to the Laboratory, and the results worked out and entered upon Schedule I., which gives the total food consumed by each family (Appendix II.). From this Schedule II. was constructed, giving the results expressed in the common term of per man per diem (Appendix III.).

Since the same method has been adopted in the various Dietary Studies in America and in this country, the results may safely be compared with one another.

The families studied have been arranged in groups, and with each group a summary of the diet is given in a table. These tables show the amount of each of the food constituents—protein, fats, and carbohydrates—which are consumed per man per day. They also show the energy yielded by the diet, the amount in pence spent per man per day, and the amount of energy which is purchased per penny. The two last columns give a fair idea of the economy of the marketing.

To carry out successfully such studies requires endless tact and scrupulous care on the part of the organiser and the visitors. In the more well-to-do households the difficulties are not so great, but among the very poorest they are almost insurmountable. Miss Lindsay and those who helped her in her work are to be congratulated on having succeeded in getting accurate and valuable results from their studies of the most destitute, a class which previous investigators have found it practically impossible to reach. Our experience in Edinburgh taught me how difficult it is to carry through such investigations for even a week. Time and again we found ourselves compelled to abandon a study while it was incomplete.

An Introduction is not the place to consider the results of an investigation. But I may be allowed to direct the reader's attention specially to the consideration of the diets and family budgets of groups E, F, G, and H, which deal with the really poor, with those who have a daily struggle to make both ends meet. It will be seen that, even although over three-quarters of their meagre income is expended on food, a sufficient supply is not obtained, and that the remaining fourth of the income is quite inadequate to defray the necessary outlay on rent, coals, taxes, insurance, &c., while absolutely nothing is left for expenditure on amusements of any kind. The families in which the income is under 20s. a week entirely fail to obtain a supply of food sufficient for their needs.

But these studies also show that something at least may be done to improve this lamentable condition of things (see p. 28). They show that ignorance and bad marketing as well as penury play their part, and one or two diets demonstrate how an adequate diet may be procured on less than the average expenditure.

They encourage the hope that the teaching of the values of different foods and a training in marketing and cooking in schools may have an influence in the future.

These Glasgow studies teach the same lesson as that taught by our Edinburgh investigations—that what is wanted is a partial return to the national dish of porridge and milk, in place of tea, bread, and jam which have so universally replaced it in towns, and which are replacing it even in rural districts.

D. NOËL PATON.

REPORT.

In presenting this Report I desire to record my great indebtedness to the Health Committee and to the Corporation of the City of Glasgow, who voted a sum of money towards the expenses of these investigations, and to the Carnegie Trust of the Universities of Scotland, who also made a grant from which some of the expenses were defrayed.

I would also acknowledge the very valuable assistance given by Dr. A. K. Chalmers, Medical Officer of Health for the City of Glasgow, and by Dr. Roberts, Chief Medical Officer of the School Board of Glasgow.

To Mrs. Hope Gordon, Mrs. Thomas Reid, Miss Denholm, Miss Rutherford, and Dr. Macgregor I am indebted for procuring the names of suitable families.

My thanks are also due to those who helped me in visiting the houses and weighing the food. This part of the work was ably done by Misses Dewar, Dick, Walker, Cuthbertson, Macphail, Turnbull, Nurse Foster, Mr. Peacock, and Mr. Scott.

And, finally, I wish to express to Professor D. Noël Paton, at whose suggestion the work was begun, my most cordial thanks for his ever ready help, his kindly and keen criticism, and his constant interest throughout the course of the investigation.

The scientific work in connection with these studies was carried out in the Physiological Laboratory of the University of Glasgow.

PRELIMINARY STATEMENT.

Numerous interesting investigations have been made in various countries of the food used by the people. As might be expected, climate and race habit are found to have an important influence upon this, and the object of the present investigation is not to compare the diet of the poorer classes of Glasgow with that of other countries, but is rather to answer the question—Do the working classes get an adequate and suitable diet, and, if not, can any improvement be suggested without unduly increasing the cost? Similar studies have already been made in other cities.

Atwater in America carried out an extensive series of studies on families in much the same social condition as those I have dealt with. Noël Paton, Dunlop, and Inglis investigated the diets and social conditions of a score of families in Edinburgh. A similar investigation was carried on in Dublin.

In these investigations the methods employed were identical with those used by me. Rowntree also made a considerable series of observations in York. In these investigations the notes of diets were kept by the families themselves, and the studies were continued for much longer periods than in this investigation. Although the supervision was necessarily less complete and the data collected less reliable, the results are fairly comparable with those presented here.

As already stated, the primary object of these studies was to ascertain the diet obtained by the poorer labouring classes in Glasgow, but since Glasgow afforded the possibility of studying families of different nationalities of similar social conditions, some observations were made in Jewish and Italian households. The Jewish were all "kosher" families, and their food was prepared in the Jewish fashion. The Italian families neither lived in such a distinctively national way, nor did they preserve the racial character of the diet as did the Jews. The true Italian food was, in this country, too expensive. Their manner of cooking was different from the Scotch, but the food used was mostly the same.

The British families include one or two English and several Irish, but as they presented no national features, no attempt has been made to distinguish them.

Studies were made in altogether 60 houses selected from various of the poorest districts in the City of Glasgow—Cowcaddens, Anderston, Bridgeton, Gorbals, Woodside. The British families were chosen from those living in houses of from one to two rooms, and from families of from three to ten children. The earnings varied from 13s. a week to nearly £3. In some cases the wages were regular and steady; in others they fluctuated enormously, and could not be depended on for two weeks in succession.

In spite of these differences in income neither the houses nor the manner of living showed a great improvement with the advance in wages, so that one may almost say that the housing factor is approximately constant, and may therefore lay more stress on the fluctuations in the diets obtained as a cause of the differences in physical development. XVIII., group F, and XIX., group G, for instance, are families living in low, damp houses, but their diet is adequate and the children are healthy.

The method of conducting these studies has been described in the Introduction. Most of them were carried on for a week; some were carried on for a fortnight, in order to meet the criticism that a study of seven days is too short to give a fair average. These more prolonged studies served to show that a fair average might safely be arrived at from the shorter studies.

For convenience of description these sixty households have been arranged in groups, which will be considered in detail.

A.	Income regular, children earning,	average 39s.
B.	" " lodgers kept,	" 43s.
C.	" "	between 27s. and 31s.
D.	" "	" 20s. and 25s.
E.	" "	under 20s.
F.	Income irregular,	over 20s.
G.	" "	under 20s.
H.	" " father a drinker.			
K.	Jewish.			
L.	Italian.			

1. FAMILIES WITH REGULAR INCOME.

GROUP A.

Wages regular: children earning: average income, 39s.

In these seven households the wage of the head of the house is supplemented by that of the children. There is in consequence a steady income, which should be sufficient to provide an adequate diet. This is the period of family life among the poor when circumstances are most favourable, as the children have taken their places among the wage-earners and have not yet left the home. It is only when enquiry is made, however, that one realises how much money is actually coming into the house. The houses themselves show few signs of it in increased comfort. These families nearly all have a good show of china, and "the other room" may be well furnished. In study XIII., for instance, the second room boasted a horse-hair sofa and chairs, a clock, photographs, &c. This, however, is not always the case, and study XXXIX. shows the reverse—a very bare house up a dark stair in one of the worst streets of the district, in which there was little attempt at comfort, though the house was fairly clean and well kept.

Where money is plentiful there is not much foresight or thought expended on the marketing. Tea and sugar may perhaps be bought once a week, but supplies are mostly got by the day. In each of these seven families the bulk of the money is handed over to the house-mother; and although various members of these families were not abstainers, yet, on the whole, the money spent on drink was inconsiderable. They were all decent, well-doing people. These families cannot be considered as among the very poor, and they ought to be able to afford enough to eat. Where the diet is notably inadequate, this is due mostly to bad marketing and to waste, and also to ignorance as to the best kind of food to buy.

The following table shows the details of the diets:—

TABLE I.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny
XIII.,	115·0	81·9	475·0	3180·7	6·98	457
XXIII.,	123·7	85·6	594·5	3740·7	6·94	539
XXXII.,	99·8	56·2	492·0	2949·0	5·27	559
XXXIX.,	111·2	77·9	546·9	3422·6	6·07	563
XLI.,	112·8	79·9	370·1	2723·0	5·35	509
XLIII.,	120·2	79·7	428·2	3089·6	7·54	409
LIX.,	84·8	87·2	200·0	1978·6	7·44	265
Standard,	120	100	500	3472	—	—

With one exception the energy value is fairly constant, the average being 3,184 Calories, while the extremes are 2,723 and 3,740 Calories. In only one, XXIII., does the energy value rise above the standard for moderate work. This is a household in which there had been a long period of idleness and want, during which the children suffered much from ill-health due to want of food. At the time when the study was made the father was in steady work and the mother was feeding the children well, so that they might not suffer so much during another period of idleness. The carbohydrate content of this diet is high, nearly 600 grms. In three, XXXII., XLI., and LIX., the energy value falls below the minimum of 3,000 Calories, although the expenditure per man is practically the same as that of the others. In XLI. and LIX. the deficiency is due to a lack of carbohydrates which is not compensated by an increased consumption of fat. In LIX. there is also a deficiency in the protein content. In XXXII. the low energy value is almost entirely due to want of fat in the food.

The protein intake is remarkably constant, and in only two cases does it fall below 110 grms. per diem, and in one of these it is almost 100 grms. The fat content in this diet is only 56 grms. In LIX. the protein content 84.8 grms. is much too low, and that it is inadequate for the proper development of the children is shown by the fact that one of them was attending the physically defective school. His weight was two-thirds what it should have been. This diet with its low protein content and excessively low carbohydrate intake is the poorest diet of the whole series, and its cost per man and per Calorie is high. It is an example of bad marketing, since a too great proportion has been spent on the more expensive animal foods.

The average cost per man is 6.5 pence, which is not excessive. The average return obtained is 500 Calories per penny. As regards energy value these diets are not very satisfactory. As already pointed out, of these seven diets only one exceeds the standard necessary for moderate labour, while three fall below the minimum of 3,000 Calories. A knowledge of the value of the different classes of food might probably have helped to improve these diets.

GROUP B.

Wage regular: lodgers kept: average income, including amount paid by lodgers, 43s.

In these eight households to the wages of the head of the house the amount paid by lodgers falls to be added. In some cases also the children are earning, so that the total income of the household may be very considerable. In I., for example, in addition to the father's wage of 21s., there is 14s. earned by the son and daughter, and 25s. paid by two boarders, making a total weekly income of £3. The usual sum paid by boarders in these households is eleven to twelve shillings a week; and although the house-mothers maintain that this

sum does little more than cover the cost of the food, yet it is a help to the family diet and finances. The lodgers insist on being well fed; and though, of course, the children do not profit so directly as the adults, still they do enjoy a share of the better and more abundant food.

In several of these households the expenditure on food is very great. This is sometimes partly accounted for by the men taking their mid-day meal or "piece" with them—an extravagant method of procedure. The "piece," as a rule, consists of a couple of slices of bread and butter with a chop, or an egg, or similar addition, and some dry tea and sugar. Study I. is an example of extravagance and Irish happy-go-luckiness. A household of six consumed during the week 5 lbs. of ham and 7 dozen eggs, &c. The expenditure per man per diem is in this case very high. Study XVI., in which the expenditure per man is also high, is that of an old couple, with whom a son and his family stay, in addition to a boarder. The house is comfortable and the food abundant, but the housewife is not able to manage in the most economical fashion. She buys her food as far as possible by the week. XLVII. is a household where the lodger's money is the steadiest source of income. The mother is a widow, and although three children are now earning, their contributions are irregular owing to ill-health aggravated by a long period of distress. I. and IV. are Irish families; one consists of adults, in the other are eight children, but both families show a high expenditure per man per diem. There is an absolute lack of any appearance of care in these two houses, and things are left to manage themselves as they best can. The inmates are happy and cheery, however, and do not seem to mind the perpetual muddle.

TABLE II.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny.
I., - - -	125·3	122·7	444·4	3476·8	11·53	301
IV., - - -	138·2	87·1	611·1	3882·1	8·71	445
XVI., - - -	124·2	118·2	505·9	3682·7	10·22	360
XLV., - - -	88·5	76·1	454·6	2934·4	7·88	372
XLVI., - - -	96·6	84·0	400·7	2821·7	6·84	412
XLVII., - - -	87·9	77·2	467·3	2955·3	7·12	415
L., - - -	122·2	103·1	490·6	3471·3	9·12	380
LVI., - - -	110·3	85·9	500·8	3304·4	7·51	440
Standard, - - -	120	100	500	3472·0	—	—

The energy value of five of these diets is on the whole satisfactory. Three fall short of the minimum of 3,000 Calories. Curiously these three families lived in the same district. In two of these, XLV. and XLVII., the greatest deficiency is in the fat; in the third, in the

carbohydrates. The children in XLVII. are not strong, and are frequently off work through ill-health. In IV., which has the highest energy value, there is a very high carbohydrate content, 600 grms., and also a high protein content. One of the children in this family (No. IV.) suffers from rickets, but the others are on the whole healthy and their weight about the average.

With the same three exceptions the protein content of the diet is high, from 110 to 138 grms. The value obtained per penny is not nearly so great as that obtained in Group A—391 Calories as compared with 500 Calories. This is due to the selection of expensive animal foods. In I. this is especially noticeable; the expenditure on animal food is here nearly three times that on vegetable food, and the chief items are eggs and ham. This heavy expenditure on animal food is possibly to be explained by the requirements of those paying for board.

GROUP C.

Wage regular, from 27s. to 31s.

In these three households there is a distinctly higher standard of comfort. LIV. is a superior family. The husband is a carpenter, and the appearance of the house and their manner of living belong rather to the artisan than to the labouring class. This family, almost the only one of the series, has a church connection. A long period of idleness and ill-health had proved hard on them, so that at the time the study was made their expenditure was being kept as low as possible in order to enable them to pay off debts incurred. The children are small and delicate. The other two families live more on the standard of the households of the labouring classes, but the houses have a comfortable, prosperous look about them, and the members have more varied interests. In each of these three households groceries are bought in by the week. The expenditure per head is about the same in each case, and is fairly high (8d. per man per diem), but the food is of good quality.

TABLE III.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny.
XXXVI., -	- 134·8	120·6	589·6	4091·6	7·45	549
LIV., -	- 112·9	84·6	495·7	3282·0	8·10	405
LVIII., -	- 106·4	88·1	432·8	3030·0	8·95	338
Standard, -	- 120	100	500	3472	—	—

GROUP D.

Wage regular, from 20s. to 25s.

These ten families represent the average poorer working-class family. The income is steady but not large, the children not very numerous—4 to 5 on an average—and the life on the whole is reasonably comfortable. The appearance of the houses varies according to the ideas of the housewife. The energy value of the diet is generally good. In study III., where it falls short, the wife was small and delicate, and did not trouble much how she managed. The weather, too, at the time of the study was excessively hot. A second study was arranged for, but was not carried out owing to the death of the baby. Study LI., in which the energy value is fairly low, is a family where the mother, a widow, is in receipt of Parish relief and one son is now earning. There are altogether six children. The children are healthy and bright and well cared for—two were going to the country to stay with friends. In this household the standard of comfort is high. XXX. is a study in a family where there are eight children. They live in a two-room house in a very narrow street. The rooms are a good size, but the house does not ventilate well. It is noticeable that all the children have developed rickets. One child is at present attending the invalid school, and none of the others are strong. The mother is a careful manager, and took a great interest in the study. In II. the housewife is the most careful and the best manager of all the houses visited. Sometimes she got most extraordinary bargains—for instance, one day she bought 4 lbs. of halibut for 2d., and the fish was in good condition in spite of its price. On 23s. a week she manages well. The children were, on the whole, strong and healthy, although one child had rickets. Daily buying is the rule. In only three instances was it otherwise

TABLE IV.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny.
II., - - -	135.7	88.4	640.1	4003.0	6.17	648
III., - - -	83.2	49.2	510.3	2891.4	5.86	493
XII., - - -	134.4	90.1	492.1	3406.6	7.54	451
XXIX., - - -	141.5	89.1	588.2	3820.4	6.63	576
XXX., - - -	108.5	71.4	494.5	3136.3	5.16	607
XXXIV., - - -	126.1	93.5	594.2	3822.7	8.30	460
XXXV., - - -	107.2	92.8	473.0	3241.8	8.12	399
XLIX., - - -	121.7	90.4	488.3	3341.3	7.71	433
LI., - - -	110.2	85.4	440.7	3052.9	6.89	443
LX., - - -	108.3	108.3	584.8	3848.9	8.28	464
Standard, - - -	120	100	500	3472.0	—	—

In considering the diets groups C and D may be dealt with together.

As regards quantity, quality, and price these diets show comparatively little variation. On the whole, where the income is over 25s. the expenditure per man is greater than when the income is between 20s. and 25s. The average energy value is 3,462 Calories, so that those families in which the wage is regular and the weekly income over 20s. do manage to obtain a sufficient diet. III. is the only one of this series which differs to any extent from the others. It has a low energy value of only 2,891 Calories and the lowest protein content. The fat too is unusually low, but the hot weather at the time may account for this. When we compare this diet with II. we see that the expenditure on animal protein is practically the same (see Appendix III.), but the amount got in III. is only half what is got in II. This is, of course, partly due to the fact that in II. the housewife was able to buy fish and meat cheaply. This deficiency in animal protein in III. not counterbalanced by the vegetable protein, and there is a very high proportion of the non-nitrogenous materials—sugar and jam. The value per penny is only 493 Calories.

With the above exception, the protein content in each of these diets is well over 100 grs. per diem.

These studies show what can be done with care and economy. In both XXXVI. and II. the energy value is over 4,000 Calories, and the expenditure per head is not excessive. In XXX. the return per penny is high—over 600 Calories. The mother in this case is also a good manager, and chooses her food carefully. Meat and fish she does not get so cheaply as the house-mother in II., but in buying bread she gets old bread and badly shaped loaves. The total Calorie value is, however, somewhat low. In this household it is probably quite impossible to afford more money for the food.

GROUP E.

Wage regular, under 20s.

In these five households we have a sad state of affairs—poor houses and inadequate diet. Three, XXV., XXVIII., and LII., live in sunk houses, looking on to a courtyard. All these houses are dark, and one very damp. In XXV. the gas is needed in winter, even at mid-day. The room, however, is clean and comfortable, and in the gaslight has quite a cheerful appearance. There are five children, and the income is only 18s. a week, so that after paying rent, coal, gas, and societies, which together amount to nearly 6s. a week, the surplus left for food is very small. In XVII. the husband was only earning 4s. a week, as he had been ill. This was supplemented by his wife's earnings—10s.—and his son's—6s. None of this family are strong. All the children have developed rickets. At one time the father and three of the children were all in hospital. The father used to be a heavy drinker, but gave

it up on conversion. For several years he suffered from alcoholic poisoning, but is now better, and some time after the study was completed he began to earn 20s. a week. LII. is another household with a bad health record. The father is phthisical, and in receipt of Parish relief. The mother is out working all day, as is also one of the daughters, although the latter is very often idle through illness. This family since the study was made has removed to a larger house, which, although also sunk, gets plenty of sunshine. In these houses one notices that there is much less crockery on the shelves, *e.g.*, *china dogs and jugs*, and the houses are barer than where the weekly income is more than 20s., but they are nearly all clean and well kept. In XLII., in which there are only two children, there is sometimes a considerable amount spent on drink when money is plentiful. This is indignantly denied by the mother, but confirmed by others, and with only two children they should be living much better.

TABLE V.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny.
XVII., -	103·0	63·5	467·9	2931·2	5·42	540
XXV., -	82·6	75·0	320·7	2351·0	4·93	476
XXVIII., -	96·4	67·8	423·2	2760·9	4·59	601
XLII., -	98·9	88·1	377·4	2772·2	5·93	467
LII., -	108·1	87·1	337·1	2635·3	6·89	382
Standard, -	120	100	500	3472	—	—

In this section, which embraces those who may properly be called poor, not one diet reaches the minimum energy value of 3,000 Calories. A comparison of LII. with LI. in Group D shows that a better knowledge of marketing enables the mother to secure a better return on the same expenditure per man per diem. In LI. the use of a greater proportion of the cheaper vegetable foods, *e.g.*, potatoes and haricot beans, gave a better energy value for the same cost. In XXVIII. the expenditure is only 4·59 pence per man per diem, and the value per penny is distinctly above the average. It shows what can be done at so low a figure. But although the house-mother has made the most of her money, the energy value is still far below the minimum required. In XXV. the animal protein is considerably in excess of the vegetable protein (see Appendix III.). As the former is more expensive, this diet could be improved and a higher protein content obtained by reversing the proportion of animal and vegetable protein. In view of the fact that the fat is low, necessarily so because of its cost, the carbohydrate intake should have been greater. The children are nearly all small and light in weight.

II. FAMILIES WITH IRREGULAR INCOME.

We now come to the irregular wage-earners, those who live from week to week, more often from day to day, as they can afford it, well and lavishly if work has been plentiful, half starved when work is scarce. From some of these families one got interesting light thrown on the methods of the different pawnshops, the best articles to "put away," and the best people from whom to borrow money. Unless from a friend the interest is heavy; 1s. a week on a sovereign is a usual rate. This is 5 per cent. a week, or 260 per cent. per annum. These families have been classified according to their average weekly wage, which is not necessarily the wage they actually got during the week the study was made. As a rule food is bought daily, very often at night when the money comes in, but during the week of the study the women arranged to buy it in the morning, often at considerable inconvenience to themselves.

GROUP F.

Wage irregular, over 20s.

In these seven households the life is very irregular. The fluctuations in the work lead to days of hard work followed by days of idleness, days of plenty followed by days of starvation. The houses are clean and comfortable or the reverse according to the capacity and ideas of the housewife. The funeral societies are, as a rule, paid regularly, and are considered a first charge, coming almost before the food. When the housewife has any idea of management at all she lays past 1s. now and then towards the rent, &c., but as very often there comes an idle day or a lean week, the store is usually very small when rent day arrives. IX. is a house where everything is spotlessly clean. It is one of the best kept of the whole sixty visited. XXI. is an extraordinary contrast. It is the only case in which the mother worked at home. She fringed shawls, and every day was found working at these. She got 1s. 4½d. a dozen for them, and could manage to earn about 5s. 6d. a week if working steadily at them. The husband was also earning, but most irregularly. The seven children, none of whom were earning, managed as best they could. The family was the reverse of healthy—one child was mentally defective, two were off school through illness, and one or more were rickety. The house was up a bad stair in a bad neighbourhood, and was the third they had been in since the first visit paid to see if they would allow such a study to be made—a period of three months. The girls were learning to sew at a girls' club, and did most of the house work. Once a week or so the mother cleaned the house. This was usually done when the shawls given out to be fringed were especially delicate in colour and easily soiled.

As a whole these families are more hopeful, and take life more easily than those with a regular income. A good week means plenty for them, and enables them to live through a bad one, while they seldom think of troubling to save.

TABLE VI.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny.
IX., - -	78.5	81.0	344.0	2485.5	7.0	355
XVIII., - -	107.2	70.7	524.7	3248.3	6.74	481
XXI., - -	90.9	56.5	349.0	2329.0	6.21	375
XXXI., - -	128.3	79.1	452.3	3116.1	6.29	495
XLIV., - -	147.1	107.8	642.9	4255.4	9.25	460
LIII., - -	90.6	55.2	406.2	2550.2	5.45	467
LVII., - -	113.1	72.2	448.6	2974.4	6.37	467
Standard, - -	120	100	500	3472.0	—	—

The diets in this group show very marked variations. The average energy value is 2,994 Calories; the extremes are 4,255 Calories and 2,329 Calories. With one exception the low energy values correspond to the low incomes, and the high energy value to the high incomes. In XLIV. the income, though irregular, was always good. It averaged about £2. The energy value obtained for the week is over 4,600 Calories. The expenditure per man is high. XVIII. is the exception referred to above, where an adequate energy value of 3,248 Calories is obtained in contrast to that obtained in IX., XXI., LIII., though the expenditure per man is much the same. The average weekly income in each of these four households was 24s. In XXI and LIII. the fat content is exceedingly low, and the protein content is also low, hence the energy value is much below the minimum. In both these families the children are delicate and in poor health. The two least economical diets in this section are IX. and XXI. In IX. this is due to the excessive expenditure on animal foods. The amount of potatoes used in IX. is nearly half as much again as bread (see Appendix II.), and the amount of the latter is small. This proportion is most unusual, and helps to explain the low protein and carbohydrate content. XXI. is also an instance of bad marketing.

GROUP G.

Wage irregular, under 20s.

In these eight households the weekly income varies considerably from week to week, but very rarely rises above 20s. A hand-to-mouth existence is the rule. Tea is bought by the ounce or half ounce as is possible. The houses are very poor, some very damp or dark, but

often wonderfully well kept. In XXIV. the house-mother was with great difficulty persuaded to carry on the study, as the father was idle, and had been so for a long time, on account of illness, and in consequence their credit was done, while the mother could only manage to obtain a very occasional day's cleaning. This is unfortunately not an abnormal state of things in this household, and the diet obtained is a very usual one. Several of the children were attending the invalid school suffering from rickets, and the others were small and very much under weight. Study XL. was made at the beginning of a strike, and before its effects had begun to be felt, and it did not seem to make much difference in the food eaten. Study LV. was carried on for a fortnight. The weekly income in this house was one of the lowest recorded. The first week it was 13s., the second it was only 10s. or 11s. There were three children, all small, one of school age. The mother was small and ill developed, but the children were fairly healthy. The house contained one apartment, and was very damp and airless. Through ventilation was only possible when the neighbour opposite combined, and even then was not very satisfactory.

TABLE VII.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny.
XIX., -	131·7	56·5	671·9	3820·2	6·20	619
XXIV., -	64·0	48·8	413·8	2412·8	3·94	612
XXVI., -	112·0	84·0	464·3	3144·0	7·19	437
XXXVII., -	77·7	82·1	256·5	2133·7	5·93	359
XXXVIII., -	102·1	85·0	401·1	2853·6	7·50	380
XL., -	110·3	83·6	484·3	3215·3	6·94	463
XLVIII., -	72·6	43·1	345·1	2113·4	3·98	531
LV., -	102·2	58·1	421·2	2686·1	4·96	541
Standard, -	120	100	500	3472·0	—	—

These diets show such very marked variations that it is almost impossible to strike an average. The highest energy value got is 3,820 Calories; the lowest is 2,113 Calories. Three are above the minimum of 3,000 Calories, and one above 3,500 Calories, the standard for moderate labour. Four have a fat content of less than 60 grms.; the others have all over 80 grms. of fat. The carbohydrate content also varies enormously, from 256 grms. to 670 grms. XIX., which has the highest energy value, is also a very economical diet. The value obtained per penny is 619 Calories, and the expenditure per man is not more than the average. The amount of protein present is very satisfactory, and the abundance of carbohydrate amply compensates for the low fat intake. This diet shows the advantage of the use of oatmeal. Porridge was eaten twice a day—morning and evening.

The household of six used three-quarter stone of meal in the week, an amount very much above the average. As a result of this free use of oatmeal only 27 per cent. of the protein is animal protein, and of the energy value 85 per cent. comes from the vegetable food. The children were strong and healthy and well grown. XXIV., XXXVII., and XLVIII., the three which have the lowest energy value, are the three households with the lowest income. Thus again the low energy value is associated with the low income. XXIV. is a wonderfully economical diet, and the money spent on food could hardly have yielded a much better diet. In spite of this, both the protein and fat are very low and the carbohydrate barely sufficient. In XXXVII. the return per penny is very small. The energy value is almost the same as in XLVIII., but the expenditure per man per diem is nearly one and a-half times as great. A better diet could have been got by a more judicious expenditure of the money. In XLVIII. there is nearly twice as much vegetable protein as animal, while in XXXVII. the animal protein is in excess.

GROUP H.

Wage irregular: father heavy drinker.

In the families just considered very few of the parents were abstainers, and in several they drank when they had the money, but these four families have been singled out specially, because in each the father was a habitual drinker, and the amount of money available for food, &c., was only what could be wrung from him. The week of the study was, as a rule, a good week for the family, as in almost every case they shamed the father into giving out more of his wage than he sometimes did. But as he frequently gave as much, these studies represent a somewhat too favourable but not an abnormal condition of matters.

In study XIV. the mother was a melancholy woman, whose heart was nearly broken with the struggle. The daughter was in fairly steady work, and this helped matters, but only by constant visits to the pawnshop could they manage to get along. Of the 20s. which came into the house during the week of the study, 7s. 6d. was contributed by the father, 7s. 3d. by the daughter, and 5s. 3d. was got by pawning things. The factor was pressing for his rent, which was much overdue. XV. presented a great contrast. The housewife was a bright cheery woman. Two of the children were earning, and the mother went out occasionally for a day's cleaning. She was a most enterprising woman, and painted and papered the house herself, making it most comfortable and cheerful. The total weekly income available was rarely more than 20s. to 23s., as the husband seldom worked more than two or three days at a time, and unless the wife met him just after he had received his pay she got very little from him.

TABLE VIII.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny.
XIV., - -	91.3	56.2	437.5	2690.8	4.29	627
XV., - -	97.8	79.8	437.4	2936.5	6.73	436
XXVII., -	129.0	122.2	534.9	3858.4	8.21	348
XXXIII., -	97.8	69.1	510.2	3135.4	6.67	470
Standard, -	120	100	500	3472.0	—	—

In only one of these diets, XXVII., is the energy value over 3,500 Calories. This is got by a large expenditure, because the value obtained per penny is small—348 Calories. The fat content of this diet is very high, due to the amount of butter used. This necessarily raised the cost to a very high figure. In XIV., which is the most economical, the high value per penny has been obtained by cutting down the fats, which are very low. It is difficult to see how this diet could have been improved without an increased expenditure.

III. FOREIGN FAMILIES.

GROUP K.

Jewish families.

The five Jewish families studied are on the whole better off than most of the British families visited. The average weekly wage is 35s. In V. the father earns 17s. a week, and this is supplemented by the earnings of his wife and son. The appearance of the house and the style of living is much the same as in the British houses, but the mother is, however, more grandly dressed. A lodger sleeps in the house, which has three apartments, but he has no meals there. There are ten children, all small and delicate looking; one of them with rickets was attending the invalid school. The Jewish houses were all larger than the British, and had at least three apartments: in VII. there were four, and in VIII. six—a top flat and attics. The kitchen, as usual, is used as a living-room. There is apparently a good deal of coming and going, and friends frequently come in in the evening. The parlours are wonderful rooms, with full suites of furniture, photographs, crystal or china ornaments, antimacassars, &c., The women boasted of the fact that they had a regular dinner each day. The diet in three cases was adequate but fairly expensive—"Kosher" meat costs more than that used by the Gentiles, and chickens, a weekly item, are expensive. Fish is used in large quantities. In discussing their food they made a strong point of the way in which their food is washed before being cooked. All meat which comes into the house is steeped in cold water for an hour, then placed in salt

water for half an hour. The salt is then washed out of it, and the meat is ready for cooking. This, they say, gives it a flavour unknown to the Gentiles. Macaroni they make themselves, the idea of buying it being most repugnant to them.

TABLE IX.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny.
V., - -	115.0	68.1	536.5	3305.0	8.0	413
VI., - -	96.8	90.3	387.1	2823.8	7.81	361
VII., - -	145.3	133.8	563.2	4149.1	10.87	381
VIII., - -	80.2	77.2	403.6	2701.5	6.77	399
XXII., - -	176.0	123.1	509.4	3948.0	12.26	322
Standard, - -	120	100	500	3472.0	—	—

Compared with the diets of the British families, the energy value obtained per penny by the Jews is small. Their meat is specially killed, and is rather more expensive; they use butter, never margarine, and a chicken is bought at least once a week. They buy, as a rule, half a chicken at a time, always on Friday morning, and sometimes two or three times a week. One woman maintained that the use of chickens was economical; but in that household two adults and ten children sat down contentedly to a dinner of which a half chicken was the chief item. The chief difference between V. and VI. is in the vegetable food. The diet got in VI. has a much smaller energy value, and contains for the same expenditure less protein and carbohydrates than V. The fat content is, however, considerably greater. Both in VII. and XXII. the energy value is more than sufficient. In VII. the waste must have been considerable, but it was not possible to estimate it. The diet is expensive and the return for the money spent small. In spite of complaints both from the father and mother in this family as to the hardness of the times and the difficulty of providing for a family of so many girls, there was little attempt to economise on food, although a considerable saving could thus have been made without disadvantage. None of the children were strong, and the mother had been ill. In VIII., in which the energy value is lowest, the mother prided herself on the cleanliness of her house, and did not trouble much with cooking. XXII. is an adequate but very costly diet. This household consisted of only four persons, and the weekly income was large, so that there was no necessity for economy.

GROUP L.

Italian families.

Only three Italian families were visited. It was found difficult to carry on these studies, as the women had no idea of accuracy. For

instance, one thought that a fish supper extra, and not reported, really did not matter. However, with care and a strict examination as to exactly what they had had, these difficulties were satisfactorily overcome in three cases.

These three families present marked differences in their mode of life. XX., where there was one child, and that a baby, had a more than ample diet. There was difficulty about keeping waste food, which was unfortunate, as there must have been some. They lived in a two-roomed house, but only used one room. The mother said the house was really too large for them, as they could not use a second room. They lodged formerly with a family where there were five children. They shared a two-roomed house with them, and that arrangement they liked much better. The present house was always clean and tidy. The husband is a miner, and earns a good wage. He cannot read or write. In study X. both the father and son are railwaymen, each earning 18s. a week. At the time the study was made the son was on half-pay owing to an accident to his leg which kept him off work. They lived over a fish supper shop, which is managed by the mother and eldest daughter. This they say costs more than it brings in. The mother is a bright, cheery woman, and they live a free and easy life. The shop keeps the mother up very late, so that in the morning the children get off to school as best they can. They usually have a cup of tea and a slice of bread and butter. The mother rises late, but gives them a hot dinner when they return from school about half-past twelve. The next meal is supper at six or after it, and sometimes they have something before they go to bed—a potato or bit of fish, or sometimes a fish supper. The true Italian food in Italian shops is too expensive for them to buy often, but macaroni is used in abundance, and the ways of cooking the food are Italian. One Italian woman bought two stones of macaroni at a time.

Study XI. is in a household in receipt of Parish relief. This is their sole source of income, unless occasionally when the wife gets a day's washing, or goes out with an organ and bird. The husband is incurably ill, and the wife is not strong. Of their seventeen children only three, all young, are at home. The house is fairly clean, but has a cheerless look, and there is not much appearance of comfort. They get 12s. from the Parish, their societies cost them 1s. a week, and their coal about 1s. 7d., and their food bill for the week was 15s. 6d.

One other family was visited, but the difficulty of language and want of accuracy on the part of the house-mother made it impossible to trust the results. In this household, as in XX., the diet was more than ample for their requirements. The mother said that Italians as a whole, she thought, eat more than the British.

TABLE X.

Diet per Man per Day.

No. of Study.	Protein in Grms.	Fat in Grms.	Carbo- hydrates in Grms.	Calories.	Cost (pence).	Calories per penny.
X., - - -	103·4	53·8	368·7	2435·9	5·66	430
XI., - - -	124·7	82·1	536·1	3472·8	7·96	436
XX., - - -	185·8	138·5	814·4	5388·8	13·46	400
Standard, - -	120	100	500	3472·0	—	—

The diets show very marked variations—both quality and quantity. XI. is the most satisfactory, and agrees very closely with the theoretical standard diet. The protein content is good, the fat content is not too low, and the return for the money spent about the average. In X. both the fat and carbohydrate are deficient, and the energy value is consequently very low. The children are small, but on the whole healthy. XX. is extravagantly abundant. It is unfortunately impossible to know how much was actually consumed, as the waste food was not kept.

CONSIDERATION OF RESULTS.

I. GENERAL SUMMARY.

1. The average daily energy value of all the diets studied is 3,163 Calories per man.
2. The average composition of all the diets is 110 grams protein, 83 grams fat, and 473 grams carbohydrates.
3. Of the protein about two-thirds is vegetable protein.
4. The average cost per man per day is 7·07 pence; of groups C, D, E, F, and G, 6·07 pence.
5. The principal food stuffs used are bread, potato, milk, sugar, beef, vegetables. (Appendix II.)
6. Such valuable vegetable foods as oatmeal and peas are used in relatively small amounts. (Appendix II.)
7. Of the families whose weekly income is over 20s., 28·5 per cent. have a diet the energy value of which is less than 3,000 Calories.
8. Of the families whose weekly income is under 20s. or irregular, 62·5 per cent. have a diet the energy value of which is less than 3,000 Calories.
9. Not one of the families in which the wage is regular and below 20s. has a diet the energy value of which reaches the minimum of 3,000 Calories.
10. Taking the average intake of energy and of protein in the various groups the results are as follows:—

Group.	Energy.	Protein.	
A (excluding LIX. abnormal),	3184	113·8	Income above 20s. a week regular.
B,	3316	111·7	
C,	3467	118·0	
D,	3456	117·7	
E,	2690	97·8	Income under 20s. a week or irregular (over 20s. in F).
F,	2994	108·0	
or (excluding XLIV. abnormal),	2784	101·4	
G,	2797	96·6	
H,	3155	103·9	
or (excluding XXVII. abnormal),	2921	95·6	

These figures show conclusively that while the labouring classes with a regular income of over 20s. a week generally manage to secure a diet approaching the proper standard for active life, *those with a smaller income and those with an irregular income entirely fail to get a supply of food sufficient for the proper development and growth of the body or for the maintenance of a capacity for active work.*

II. THE POSSIBILITY OF IMPROVING THESE DIETS.

The Amount of Various Food Materials used may first be considered.

In looking over the diets one is struck by the want of variety in the food in most of the households. Bread, sugar, butter, tea, and beef occur in all without exception. Of the meats other than beef, bacon mince and sausages occur in 41 dietaries. Mince and sausages are cheap, but the quality is very variable. Fish is used in 52 of the 60 families, but in small quantities. The average amount of fish used per man per day in the British families is only 53 grms. (2 oz.). Two families used about 4 oz. per man. The average for the Jewish families is three times as great—162 grms. (6 oz.). Rabbit, a cheap food, is not popular. It occurs in only 7 diets. Cheese is used in small amounts in 41 families. Eggs are used in 46 families. They are an expensive item, but they are easily cooked, hence their popularity. The average amount of butter and margarine used is 29 grs. (1 oz.) per man per day. Butter is more largely used than margarine, the latter being used only because of its cheapness, and the women often apologised for buying it.

The principal vegetable foods are bread and potatoes. The amount of potatoes used is almost as great as the amount of bread; in one or two cases more. *Oatmeal is used in 46 families, but the average amount per man per day is small—only 24 grms., or less than one ounce.*

Protein from vegetable sources is from one and a-half to two times as much as that from animal sources. In one or two cases it is nearly three times as great, and in these diets the energy value received is remarkably high for the money laid out. II. (group D), XIX. (group G), and XXIV. (group G) are the most noticeable examples of this. In XIX. and XXIV. the cost of the animal protein is only half that of the vegetable, while the energy from the vegetable food is fully four times that from the animal food.

In some of the studies this proportion of animal to vegetable protein is reversed. In I. (Group B), IX. (Group F), XXXVII. (Group G), LII. (Group E), and LIX (Group A) the animal protein is greater than the vegetable. All these diets show the disadvantages of this large use of the animal foods. The energy value is low and the cost is high.

How are these diets to be improved? Study XIX. (Group G) seems to give the answer. In this family "porridge was eaten twice a day." The energy procured per penny spent was the second highest recorded, 619 Calories, while it is noted that the children were strong, healthy, and well grown. Oatmeal is used in 46 out of the 60 families, but the amount averages about 24 grm., less than 1 oz. per man per day, a quantity which would fill two tablespoons level and make one small plateful of porridge.

Dr. J. C. Dunlop, in criticising the diets of the labouring classes in Edinburgh, gives the following comparison of the cost and composition of the perpetual tea, bread, and butter meal and a meal of porridge and milk :—

	Protein.	Fat.	Carbohydrates.	Cost.
Tea,	—	—	—	—
Sugar, $\frac{1}{2}$ oz.,	—	—	14·2	—
Milk, $1\frac{1}{4}$ oz.,	1·2	1·4	1·7	—
Bread, 10 oz.,	26·1	3·7	150·8	—
Butter, $\frac{1}{2}$ oz.,	0·2	11·5	—	—
Total,	27·5	16·6	166·7	1½d.

Calories, 950·6

Protein Calories = 112 = 12
per cent. of total.

Oatmeal, 8 oz.,	36·6	16·4	153·4	—
Milk, 10 oz.,	9·4	11·3	14·2	—
Total,	46·0	27·7	167·6	1½d.

Calories. 1133

Protein Calories = 188 = 16·5
per cent. of total.

The advantage of the latter is obvious. A porridge and milk diet contains the food principles in correct proportion. The protein rich animal foods, flesh, fish, eggs, &c., are all too expensive for the labouring classes, and any increase in their amount in the diet is impracticable. But cheese and the cheap protein-rich vegetable foods, oatmeal, peas, beans, &c., should be more freely used. The chief drawback of the latter, and to the average housewife a very great one, is in the labour entailed in preparing and cooking them. But if the diet of the labouring classes is to be improved, without increasing the cost, time and labour must be expended on properly cooking these more nutritive vegetable foods.

It is probably of little avail thus to preach the value of oatmeal, and of such vegetables as peas and beans. It seems probable that only by proper instruction in schools will their value be sufficiently inculcated, while the methods of cooking them in the most palatable and most easily prepared form must be taught practically.

The free distribution of such leaflets as "How to Spend a Shilling on Food to the Best Advantage," and "How to Feed a Family of Five on 12s. 9d. a Week," prepared for Rowntree in York, might also help to aid the more intelligent housewives to better marketing. That better marketing is required is shown by the great variations in the food return for the money expended. Where one family gets nearly their minimum adequate diet for an expenditure of 5·1 pence per man per diem (XXX., Group D), others on an expenditure of nearly 9 pence, fail to secure it (LVIII., Group C).

One of the most marked examples of bad marketing is seen in study LIX. (Group A), where only 265 Calories were purchased per penny, while XIX. (Group G) is an example of what knowledge and good marketing can do, 619 Calories being purchased per penny.

III. RELATIONSHIP OF THESE DIETS TO HEALTH.

A. PHYSIQUE OF CHILDREN IN RELATIONSHIP TO DIET (see Appendix IV.).

An interesting point in connection with these studies is the influence of the diet on the physical condition of the children. In co-operation with Dr. Chalmers, Medical Officer of Health, and through the kindness of Dr. Roberts, Chief Medical Officer for the School Board, the weights of a number of the children were obtained. These show very markedly the relationship between the physique and the food. *When the weight is much below the average for that age, almost without exception the diet is inadequate.*

A girl of eleven, whose weight is 39 lbs., is a member of a family having a diet the energy value of which is 2,312 Calories per man per day; a girl of the same weight, but only seven years of age, belongs to a family with a diet of 4,003 Calories; a girl of nine, whose weight is even less, 37½ lbs., belongs to a family the diet of which is only 2,329 Calories per man per day.

If we compare girls of six years of age, we find that their diets expressed as per man per day vary as follows:—One weighing 47 lbs. receives a diet of 3,215 Calories, another of weight 39 lbs. has a diet of 3,882 Calories, while a third whose diet has an energy value of 2,412 Calories weighs only 28 lbs.

The same holds good for the boys. Two boys of five years of age, whose family diets contain 4,003 and 1,978 Calories per man per day, weigh respectively 35 lbs. and 26 lbs. The family diet of a boy of 5½ years, whose weight is 42 lbs., contains 3,341 Calories, and that of a boy of the same age, but whose weight is only 21 lbs., contains 3,136 Calories. The latter is a boy attending the school for physically defective children. The diet is not exceptionally low, and an additional reason for the defective physique must be sought elsewhere. The family have a very bad rickety history. There are eight children, all of whom have suffered from this disease, so that in this case other factors besides the diet probably influenced the health of the children.

Dr. Chalmers (*Journ. Roy. San. Inst.*, vol. xxvi.; 1905) has also shown that the physical development and nutrition of school children is closely related to the economic standard of the family life, and he has further shown that the mental capacity, as estimated by the masters, is similarly graded.

Dr. (now Sir George) Newman, Chief Medical Officer of the Board of Education, in his Annual Report, 1911, says that "defective nutrition stands in the forefront as the most important of all physical

defects from which school children suffer.' He emphasises the improvement in physique and mental capacity of those children whose diet, by means of free meals, has been raised to the standard.

B. RICKETS IN RELATIONSHIP TO DIET (see Appendix V.).

The prevalence of rickets among the poorer classes suggested the enquiry how far this disease is definitely associated with an insufficient diet. The housing factor is of importance in this connection, but the frequent removals render it difficult to determine its influence accurately. In this investigation the diet has been mainly considered.

A study of the diets of families in which one or more of the children suffer from rickets shows that these are not necessarily the ones with the lowest energy value.

AVERAGE ENERGY VALUE.				Lower	Upper
Average				Limit.	Limit.
Rickety Families,	3147	2329	4003
Non-rickety Families,	3164	2113	4253

PERCENTAGE OF RICKETY FAMILIES IN RELATIONSHIP TO THE ENERGY VALUE OF THE DIET.

Energy Value.	Rickety Families.	Non-rickety Families.
Below 3,000 Calories, ...	5 = 35.8 per cent.	21 = 45.6 per cent.
Between 3,000 and 3,500 Calories,	7 = 50.0 „	13 = 28.3 „
Above 3,500 Calories, ...	2 = 14.2 „	12 = 26.1 „

The average energy value of the diets of the rickety families is 3,147 Calories. Only two of these fourteen families fall very far short of the minimum of 3,000 Calories. In both these the children are considerably below the average weight, and suffer from a want of nourishment. In most of the others the tendency to rickets is not a family trait, but an individual occurrence. In these cases the mother usually has some explanation to offer, *e.g.*, that the child suffered from catarrh of the stomach, or that the mother went out working during pregnancy, &c. Probably where there is any suggestion of rickets or fear of its occurrence the diet should be an abundant one; but this, as we have seen, is too seldom obtained. Of the families studied, 62 per cent. of those whose weekly wage is irregular or below 20s. have below the minimum of 3,000 Calories.

The protein content of the diets of rickety and non-rickety families shows no very marked difference, although again the diets of the latter show a more liberal supply.

AVERAGE PROTEIN CONTENT.

				Lower	Upper
Average.				Limit.	Limit.
Rickety Families,	108.2	64.0	138.2
Non-rickety Families,	111.6	73.0	186

PERCENTAGE OF RICKETY FAMILIES IN RELATIONSHIP TO THE
PROTEIN CONTENT OF THE DIET.

Protein Content.		Rickety Families.	Non-rickety Families.
Below 125 grams,	12 = 85.7 per cent	33 = 71.7 per cent.
Above 125 grams.	2 = 14.3 ,,	13 = 28.2 ,,

The fat content of the diets of the families in which there is rickets is on the whole lower than that of the others. The average for the 14 rickety families is 72.8 grms.; for all the others 86.0 grms. The highest fat content in any of these 14 is 88.5 grms., and in 6 of them it is under 70 grms.

AVERAGE FAT CONTENT.

	Average.	Lower Limit.	Upper Limit.
Rickety Families,	72.8	49	88.5
Non-rickety Families,	86.0	43	133

PERCENTAGE OF RICKETY FAMILIES IN RELATIONSHIP TO THE
FAT CONTENT OF THE DIET.

Fat Content.		Rickety Families.	Non-rickety Families.
Below 90 Grams,	14 = 100 per cent.	36 = 74.0 per cent.
Above 90 Grams,	—	12 = 26.0 ,,

In connection with the prevalence of rickets the question of overcrowding is of interest. If a comparison is made of the number of people and the size of the houses, it is found that in the non-rickety households there are on an average 2.9 people to a room, in the rickety households 3.9 people to a room. Otherwise, in the non-rickety households the allowance per person is one-third of a room, in the rickety households the allowance per person is only one-quarter of a room. Dr. Macgregor, in his report on "The Physique of Glasgow Children," finds that the incidence of rickets among children from one and two-apartment houses is much greater than among children from larger houses.

These results are of interest in view of the different opinions as to the cause of rickets. Probably both factors—the lack of fat in the diet and the want of sufficient air space—are to be held responsible for the prevalence of this disease among the poorer labouring classes.

The data are not sufficient for the discussion of the position of the child in the family or the question of artificial feeding in infancy as a supplementary cause of rickets.

IV. EXPENDITURE ON RENT AND FOOD AND THE SURPLUS
AVAILABLE FOR OTHER EXPENSES.

In the labouring classes the main items of expenditure are food and rent. These are absolutely essential, and are of the first importance. A certain amount must be spent on clothes, and the money saved in funeral societies and sick societies ranks almost as a necessary expenditure. The surplus available among the really poor after these

expenses have been met is very small indeed, and in many cases the money for societies and clothes has to be found by reducing the food bill, which is already as low as is consistent with the maintenance of health.

A comparison of the percentage of the income expended on rent and food in the different groups of families shows, as one would expect, an increase in the percentage of each as the income decreases.

	Expended on Rent, per cent. of Income.	Expended on Food, per cent. of Income.	Surplus, per cent. of Income.
A, B, C, income regular above 25s.,	11·0	61·9	27·1
D, E, income regular under 25s.,...	15·3	67·3	17·4
F, G, income irregular,	16·0	75·5	8·5
H, income irregular, father drinker.	17·9	86·9	—4·8

A consideration of these figures enables us to realise the keenness of the struggle to make ends meet in the poorer houses, even with a regular income. After the charges for food and rent have been met, a sum of only 3s. to 4s. a week is left for all other expenses—clothing, fuel, taxes, amusements, &c.

In families where the income is irregular the amount available for general expenses is even smaller. These, however, are generally paid out of the greater surplus in a “good” week. The rent, although calculated as a weekly expenditure, is usually paid monthly, and as no effort is made to save for it, the diet in rent week is abnormally low.

Where there is even a moderate expenditure on alcohol practically the whole of the available money is required for food. The rent, as a rule, in such cases is much in arrear.

One cannot fail to be struck by the self denial represented by these figures. The support of the family and the provision of even the barest necessities of life prevent the attainment of any variety and interest in life, and almost enforce a monotonous existence.

V. A COMPARISON OF URBAN AND RURAL DIETS.

The following tables show a comparison between Urban and Rural diets in the United Kingdom. The figures of the Rural diets were calculated for Professor Noël Paton from the Board of Trade returns in 1904. [Memorandum on Consumption and Cost of Food in Workmen's Families in the United Kingdom (Cd. 2337), 1904]:—

URBAN DIETS.				
	Edinburgh.	Glasgow.	Dublin.	York.
Protein,	107	110	98	99
Fat,	88	80	90	80
Carbohydrates, ...	479	475	468	386
Calories,	*3,228	3,163	3,107	†2,685

* A-typical diets not included.

† Slightly too low owing to miscalculation of composition of flour.

RURAL DIETS.

	England. E. Counties.	Scotland. N. Counties.	Ireland.
Protein,	100	124	98
Fat,	76	81	57
Carbohydrates,	578	570	586
Calories,	3,480	3,601	3,337

The energy value obtained by the rural classes is distinctly higher than that got in the towns.

This difference is chiefly due to the carbohydrate content, which in the country districts is much greater. In the English and Irish counties the fat content is very low, lower than in the cities.

The figures for the Scottish cities agree very closely. The protein content, as well as the energy value, is more satisfactory than in the English town. In the latter the carbohydrate content is very low. In both the English and Irish cities the protein is considerably below the requisite amount.

The cost per man per diem in York is only 5·9 pence, compared with 7·1 pence for the two Scottish cities. This lower expenditure in England on food leaves a larger surplus for heat, lighting, clothing, amusements, &c. In the American cities this is even more marked, and there is a considerable balance after paying rent and food.

	New York.	York.	Edinburgh.	Glasgow.
Rent per cent. of income,	15	18	13	13
Food do. do.,	35	51	62	65
Other expenses per cent.				
of income,	50	31	25	22
Cost per man per diem,	10·05	5·93	7·29	7·07

In spite of the fact that in New York the rent is nearly three times that paid by the labouring classes in the United Kingdom, and that food is more expensive in New York, the sum available for clothing, light, amusements, &c., in the United Kingdom is only about one-fourth of what it is in New York.

These figures bear out the conclusion arrived at from our study of the Glasgow diets. They show that in the United Kingdom among the labouring classes, urban and rural, the wages are frequently so low that, after providing the barest necessities of life, little or nothing is left for amusements, travel, or other amenities. It is to be feared that in the face of old established dietary habits, of ignorance, and of the stultifying influence of the surroundings, any reform in the mode of feeding which might set free a greater proportion of the income will only be slowly achieved as the result of proper teaching and training in the schools.

APPENDICES.

I. GENERAL STATISTICS.

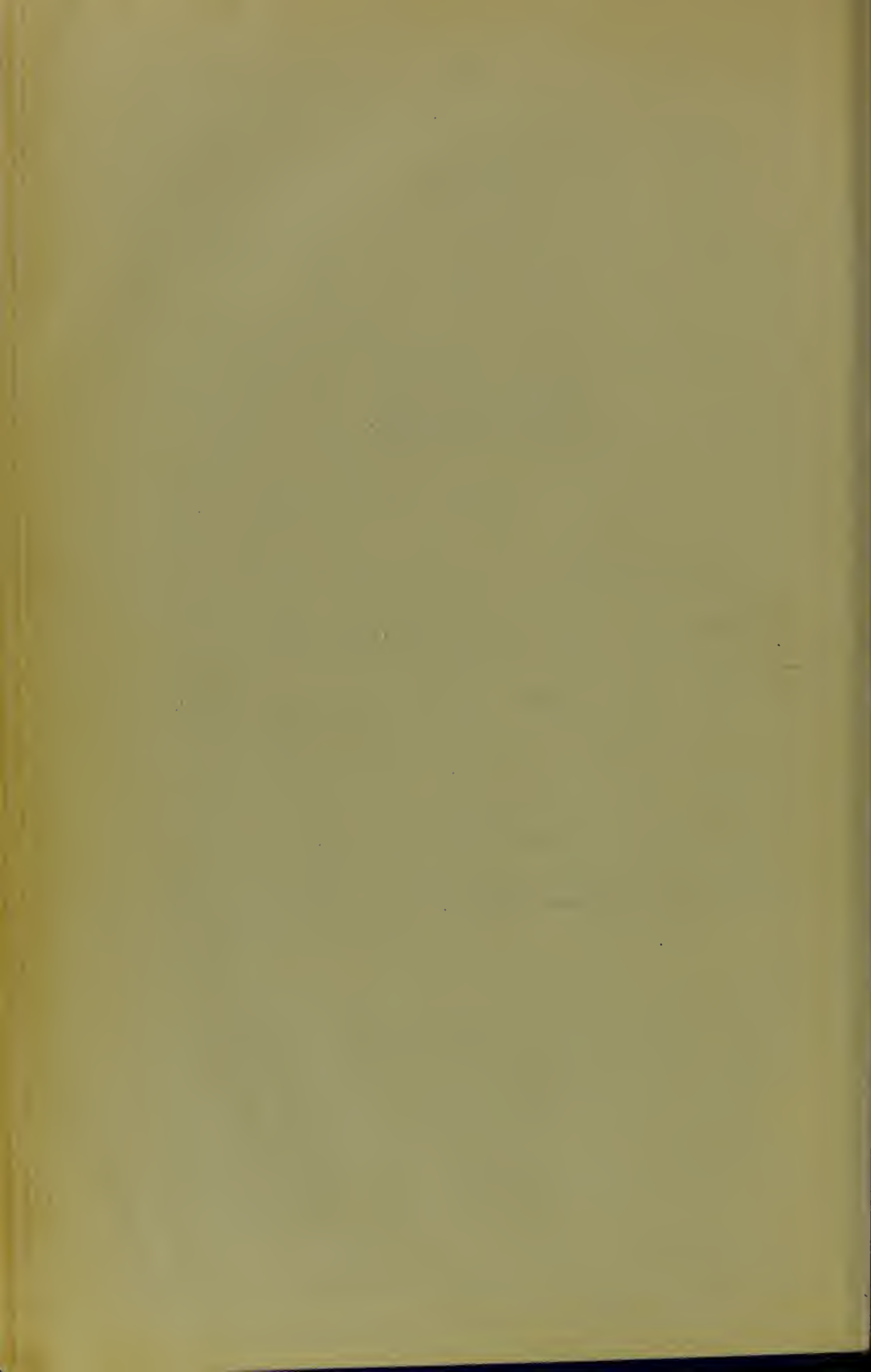
II. SCHEDULES FOR EACH FAMILY—TOTAL FOOD CONSUMED.

III. SCHEDULES FOR EACH FAMILY—FOOD CONSUMED PER MAN PER DIEM.

IV. PHYSICAL CONDITION OF CHILDREN.

V. DIETS OF RICKETY FAMILIES—PER MAN PER DAY.

VI. COMPOSITION OF FOOD—PERCENTAGE.



APPENDIX I.

General Statistics of Families Studied.

NUMBER OF STUDY AND GROUP.	NUMBER IN FAMILY.				EXPENDED ON FOOD.		Energy of Food per Man per Diem in Calories	Protein of Food per Man per Diem in Grms.	Expended on Rent per Week.	No. of Rooms.	Income. Approximate
	Over 16.	Under 16.	Total.	Equiva- lent to Men.	Total per Week.	Per Man per Diem in Pence.					
B, I., - - -	5	1	6	5.5	38/11 $\frac{3}{4}$	11.53	3477	125.3	4/2	3	£3 0 2
D, II., - - -	2	5	7	4.2	16/5	6.17	4003	135.3	3/6	2	1 3 0
D, III., - - -	2	3	5	2.9	10/10	5.86	2891	83.2	2/8	1	1 2 0
B, IV., - - -	4	8	12	7.9	48/1 $\frac{1}{2}$	8.71	3882	138.2	4/4 $\frac{1}{2}$	3	2 10 8
K, V., - - -	2	10	12	8.3	37/4 $\frac{1}{2}$	8.0	3305	115.0	6/8	3	1 19 0
K, VI., - - -	4	3	7	5.7	27/11 $\frac{3}{4}$	7.81	2824	96.8	4/3 $\frac{3}{4}$	3	1 11 0
K, VII., - - -	3	4	7	4.9	33/6 $\frac{3}{4}$	10.87	4149	145.3	6/10 $\frac{1}{2}$	4	1 15 0
K, VIII., - - -	4	3	7	5.6	24/3 $\frac{3}{4}$	6.77	2701	80.2	5/2 $\frac{1}{2}$	6	1 18 6
F, IX., - - -	2	4	6	4.7	19/9 $\frac{1}{4}$	7.0	2485	78.5	3/8 $\frac{1}{2}$	2	1 2 10
L, X., - - -	3	5	8	5.7	19/8 $\frac{1}{4}$	5.66	2436	103.4	4/1	2	1 8 6
L, XI., - - -	2	3	5	3.4	15/6	7.96	3473	124.7	4/3	2	0 12 0
D, XII., - - -	2	3	5	3.8	14/7 $\frac{1}{2}$	7.54	3407	134.4	3/4	2	1 5 0
A, XIII., - - -	3	5	8	5.6	24/0 $\frac{3}{4}$	6.98	3181	115.0	3/7	2	1 18 0
H, XIV., - - -	3	6	9	6.1	16/3	4.29	2691	91.3	3/7 $\frac{1}{2}$	2	1 0 0
H, XV., - - -	3	3	6	4.5	19/8	6.73	2936	97.8	2/11	3	1 2 0
B, XVI., - - -	4	2	6	5.0	27/7 $\frac{1}{2}$	10.22	3683	124.2	4/1	2	2 0 0
F, XVII., - - -	2	5	7	4.1	12/10 $\frac{1}{4}$	5.42	2931	103.0	3/9 $\frac{3}{4}$	2	1 0 0
F, XVIII., - - -	2	4	6	3.6	15/2 $\frac{1}{2}$	6.74	3248	107.2	2/9 $\frac{1}{2}$	2	1 3 0
G, XIX., - - -	2	4	6	3.8	14/8 $\frac{3}{4}$	6.20	3820	131.7	2/9 $\frac{1}{2}$	2	0 18 11
L, XX., - - -	2	1	3	2.1	18/0 $\frac{3}{4}$	13.46	5389	185.8	3/8 $\frac{1}{4}$	2	1 5 0
F, XXI., - - -	2	7	9	5.4	21/4	6.21	2329	90.9	3/6	2	1 5 0
K, XXII., - - -	3	1	4	3.5	28/7 $\frac{1}{2}$	12.26	3948	176.0	4/9 $\frac{1}{2}$	2	2 9 0
A, XXIII., - - -	2	5	7	4.7	20/2 $\frac{1}{2}$	6.94	3741	123.7	3/6 $\frac{1}{2}$	2	1 16 0
G, XXIV., - - -	2	6	8	4.9	11/7 $\frac{1}{2}$	3.94	2413	64.0	3/6 $\frac{1}{2}$	3	0 15 0
E, XXV., - - -	2	5	7	3.9	12/2 $\frac{3}{4}$	4.93	2350	82.6	2/10 $\frac{1}{2}$	2	0 18 0
G, XXVI., - - -	2	6	8	3.5	15/1 $\frac{1}{2}$	7.19	3144	112.0	3/5 $\frac{1}{2}$	2	1 0 0
H, XXVII., - - -	2	4	6	3.4	17/10 $\frac{1}{4}$	8.21	3858	129.0	4/3 $\frac{3}{4}$	2	1 0 0
E, XXVIII., - - -	2	4	6	3.7	10/8 $\frac{3}{4}$	4.59	2761	96.4	2/9	2	0 17 0
D, XXIX., - - -	2	5	7	4.5	18/8 $\frac{3}{4}$	6.63	3820	141.5	3/7 $\frac{1}{2}$	2	1 5 0
D, XXX., - - -	2	8	10	6.0	19/1 $\frac{3}{4}$	5.16	3136	108.5	3/7 $\frac{1}{2}$	2	1 4 6
F, XXXI., - - -	2	4	6	3.8	14/2 $\frac{3}{4}$	6.29	3116	128.3	2/6	1	1 0 0
A, XXXII., - - -	6	3	9	7.3	24/1 $\frac{1}{2}$	5.27	2949	99.8	4/2	1	1 8 0
H, XXXIII., - - -	3	1	4	3.2	13/11 $\frac{3}{4}$	6.67	3135	97.8	3/-	2	0 15 10
D, XXXIV., - - -	2	2	4	2.7	12/8	8.30	3823	126.1	2/10 $\frac{1}{2}$	1	1 1 6
D, XXXV., - - -	2	5	7	4.1	20/4	8.12	3242	107.2	4/4 $\frac{1}{2}$	2	1 5 0
C, XXXVI., - - -	2	5	7	3.9	18/2 $\frac{1}{2}$	7.45	4092	134.8	3/9	2	1 7 0
G, XXXVII., - - -	3	—	3	2.6	9/8 $\frac{1}{2}$	5.93	2134	77.7	3/1	1	0 14 0
G, XXXVIII., - - -	2	2	4	2.8	14/3 $\frac{3}{4}$	7.50	2854	102.1	3/10 $\frac{3}{4}$	2	0 17 0
A, XXXIX., - - -	4	6	10	6.2	21/5 $\frac{1}{2}$	6.07	3423	111.2	4/1 $\frac{1}{2}$	2	2 1 0
G, XL., - - -	3	3	6	4.1	18/4 $\frac{1}{2}$	6.94	3215	110.3	3/6 $\frac{3}{4}$	2	1 0 0
A, XLI., - - -	3	5	8	5.9	19/4 $\frac{1}{2}$	5.35	2723	112.8	3/11 $\frac{1}{2}$	2	2 13 0
E, XLII., - - -	2	2	4	2.7	10/6	5.93	2772	98.9	2/10 $\frac{1}{2}$	1	1 0 0
A, XLIII., - - -	3	4	7	4.6	21/10 $\frac{1}{2}$	7.54	3090	120.2	4/1 $\frac{1}{2}$	2	1 12 0
F, XLIV., - - -	3	6	9	6.0	34/1 $\frac{1}{2}$	9.25	4255	147.1	4/-	2	2 0 0
B, XLV., - - -	3	2	5	3.7	18/1 $\frac{1}{2}$	7.88	2934	88.5	3/9 $\frac{3}{4}$	2	2 0 0
B, XLVI., - - -	4	2	6	4.9	20/7 $\frac{1}{4}$	6.84	2822	97.0	4/2	3	1 14 6
B, XLVII., - - -	3	4	7	5.5	24/9 $\frac{1}{4}$	7.12	2955	87.9	4/9 $\frac{1}{2}$	2	2 2 0
G, XLVIII., - - -	2	4	6	4.1	10/0 $\frac{1}{4}$	3.98	2113	72.6	3/9	2	0 13 0
D, XLIX., - - -	2	3	5	4.0	15/9 $\frac{1}{4}$	7.71	3341	121.7	3/-	2	1 4 0
B, L., - - -	4	5	9	6.0	32/1	9.12	3471	122.2	4/1	2	2 1 0
D, LI., - - -	1	6	7	3.8	16/6	6.89	3053	110.2	4/0 $\frac{1}{2}$	2	1 4 0
E, LII., - - -	2	3	5	3.6	15/11 $\frac{1}{2}$	6.89	2635	108.1	2/9	2	0 18 0
F, LIII., - - -	3	5	8	5.4	18/6 $\frac{1}{4}$	5.45	2550	90.6	3/8 $\frac{1}{4}$	2	1 4 0
C, LIV., - - -	2	3	5	2.9	14/11	8.10	3282	112.9	3/8 $\frac{1}{2}$	2	1 19 5
G, LV., - - -	2	3	5	2.9	14/1 $\frac{1}{4}$ *	4.96	2686	102.2	2/-	1	0 13 0
B, LVI., - - -	3	5	8	4.9	42/3*	7.51	3304	110.3	4/1 $\frac{1}{2}$	2	1 16 0
F, LVII., - - -	2	6	8	4.8	35/8 $\frac{1}{4}$ *	6.37	2974	113.1	3/8 $\frac{1}{4}$	2	1 13 0
C, LVIII., - - -	2	4	6	4.4	40/5 $\frac{1}{2}$ *	8.95	3030	106.4	4/1 $\frac{1}{2}$	2	1 7 0
A, LIX., - - -	3	5	8	5.5	24/11 $\frac{1}{4}$	7.44	1979	84.8	3/4 $\frac{1}{2}$	2	2 5 0
D, LX., - - -	1	5	6	3.2	16/3 $\frac{1}{2}$	8.28	3849	108.3	3/11	2	1 4 0

* For two weeks.

APPENDIX II.

No. I.

KIND OF FOOD MATERIAL.	Total Cost in Shillings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	7·75	4725	562·27	439·42	—
Butter	4·23	1618·02	16·18	1375·3	—
Cheese	1·21	681·75	188·84	250·88	27·95
Milk	2·17	9656·0	318·65	386·24	482·8
Buttermilk	·58	3976·0	119·28	19·88	190·85
Findon haddock	·21	286·33	46·1	1·09	—
Beef and bones	5·91	3581·46	666·15	712·71	—
Sausages	2·04	1536·2	262·69	359·47	109·07
Bacon	4·7	2249·77	510·7	589·44	—
	28·80	28310·53	2690·86	4134·43	810·67
VEGETABLE.—Bread	3·52	12839·62	1181·24	166·91	6817·84
Scones	1·41	4531·36	480·32	348·91	1454·57
Flour	·25	795·37	90·67	7·95	597·32
Meal	·25	795·37	128·05	57·27	536·87
Rice	·17	454·5	36·36	1·36	359·05
Potatoes	1·17	11394·31	205·1	11·39	1674·96
Carrots, &c.	·17	2840·62	25·56	5·68	210·2
Sugar	1·47	4658·62	—	—	4658·62
	8·41	38309·77	2147·30	599·47	16309·43
Total	37·21	66620·3	4838·16	4733·9	17120·10

No. II.

ANIMAL.—Eggs	·25	200·0	23·8	18·6	—
Butter	1·33	1360·8	13·61	1156·68	—
Cheese	·62	399·17	110·57	146·89	16·36
Condensed milk	·83	1134·0	130·41	4·54	495·56
Milk	·33	1417·5	46·78	56·70	70·87
Bacon	·75	340·2	77·22	89·13	—
Haddock	·41	2667·17	224·04	5·33	—
Herring	·08	567·0	63·50	22·11	—
Halibut	·17	1814·4	277·60	79·83	—
Cod	—	285·77	47·72	·86	—
Beef	·79	1251·94	232·86	249·14	—
Mutton	·50	453·6	107·50	83·92	—
Mince	1·0	907·2	162·39	282·14	—
	7·06	12798·75	1518·00	2195·87	582·79
VEGETABLE.—Bread	4·79	20670·55	1901·69	268·72	10976·06
Scones	·5	1306·37	138·47	100·59	419·34
Flour	·41	1614·82	184·09	16·15	1212·73
Barley	·08	226·8	19·28	2·49	176·45
Rice	·17	453·6	36·29	1·36	358·34
Oatcakes	·08	113·4	18·26	8·16	76·54
Potatoes	·58	6463·80	116·35	6·46	950·18
Carrots, &c.	·17	2694·38	24·25	5·39	199·38
Peas	·08	140·62	34·59	1·41	87·18
Sugar	1·17	3628·8	—	—	3628·80
Jelly	·17	226·8	1·36	·23	191·65
	8·20	37539·94	2474·63	410·96	18276·65
Total	15·26	50338·69	3992·63	2606·83	18859·44

No. III.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·66	500	59·5	46·5	—
Butter	1·0	540·85	5·41	459·72	—
Cheese	·08	59·08	16·36	21·74	2·42
Milk	·75	3408·0	112·46	136·32	170·40
Milk (condensed)	·33	454·5	52·27	1·95	198·61
Haddock	·29	454·5	38·18	·91	—
Herring (fresh)	·25	909·0	101·81	35·45	—
Cod	·29	454·5	75·9	1·36	—
Beef	·83	454·5	84·54	90·44	—
Mince	·29	227·25	40·68	70·67	—
	4·77	7462·18	587·11	865·06	371·43
VEGETABLE.—Bread	2·44	9658·12	888·55	125·55	5128·46
Meal	·04	86·35	13·90	6·22	58·29
Rice	·35	963·54	77·08	2·89	761·20
Potatoes	·83	6708·42	120·75	6·71	986·41
Onions	·12	340·87	4·77	1·02	30·34
Sugar	·60	1899·81	—	—	1899·81
Jam	·81	1336·23	8·02	1·34	1129·11
	5·19	20993·34	1113·07	143·73	9993·62
Total	9·96	28455·52	1700·18	1008·79	10365·05

No. IV.

ANIMAL.—Butter	2·12	968·08	9·68	822·87	—
Cheese	·5	340·87	94·42	125·44	13·97
Milk	5·37	24424·0	805·99	976·96	1221·20
Findon haddock	·62	1363·5	219·52	5·18	—
Haddock	·75	1363·5	114·53	2·73	—
Herring (fresh) ...	·5	2981·52	333·93	116·28	—
Beef	11·27	7612·87	1415·99	1514·96	—
Sausages	·31	368·14	62·95	86·14	26·14
Pork	1·12	1363·5	182·7	329·97	—
Ham	2·33	1136·25	257·93	297·70	—
Mince	·37	340·87	61·01	106·01	—
	25·26	42263·10	3558·65	4384·24	1261·31
VEGETABLE.—Bread	8·29	36246·37	3334·67	471·20	19246·82
Seones, &c.	2·41	5199·47	551·14	400·36	1669·03
Meal	·91	2867·89	461·73	206·49	1935·82
Barley	·08	227·25	19·32	2·5	176·80
Corn flour	·25	172·71	12·26	2·24	135·40
Potatoes	5·0	38296·17	689·33	38·30	5629·54
Cabbage	·58	9449·05	132·29	18·90	453·55
	17·52	92458·91	5200·74	1139·99	29246·96
Total	42·78	134722·01	8759·39	5524·23	30508·27

No. V.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	2·33	2100	249·9	195·3	—
Butter	3·21	1204·42	12·04	1023·76	—
Milk	3·5	15904·0	524·83	636·16	795·20
Herring	·17	399·96	94·79	13·60	—
Haddock	·75	2499·75	209·98	5·0	—
Flounders	·75	2499·75	159·98	7·5	—
Chicken	3·41	2131·60	292·03	262·19	—
Liver	·83	1818·0	367·24	56·36	45·45
Mince	4·75	1631·65	292·06	507·44	—
Beef	1·25	654·48	121·73	130·24	—
	20·95	30843·61	2324·58	2837·55	840·65
VEGETABLE.—Bread	4·0	21816·0	2007·07	283·61	11584·30
Scone	1·66	3408·75	361·33	262·47	1094·21
Flour	3·12	8467·33	965·27	84·67	6358·96
Rice	·17	454·5	36·36	1·36	359·05
Potatoes	1·95	11021·62	198·39	11·02	1620·18
Cabbage	·17	1108·98	15·52	2·22	53·23
Onions	·25	1363·5	19·09	4·09	121·35
Haricot beans	·14	227·25	51·13	4·09	135·44
Cucumber	·08	140·89	·99	·28	3·66
Tomatoes	·08	113·62	1·02	·45	4·43
Raisins	·04	59·08	1·35	1·77	40·47
Sugar	1·95	5508·54	—	—	5508·54
Arrowroot	·17	168·16	—	—	163·11
Oil	·08	59·08	—	59·08	—
Yeast	·21	140·89	16·48	·56	29·59
	14·07	54058·19	3674·0	715·67	27076·52
Total	35·02	84901·80	5998·58	3553·22	27917·17

No. VI.

ANIMAL.—Eggs	1·37	950·0	113·05	88·35	—
Butter	3·93	1531·66	15·32	1301·91	—
Milk	1·83	8520·0	281·16	340·8	456·0
Buttermilk	·41	2840·0	85·20	14·2	136·32
Cod	1·25	2272·5	379·51	6·82	—
Herring	·29	795·37	188·50	27·04	—
Chicken	2·75	1422·58	194·89	174·98	—
Steak	2·75	2277·04	423·53	453·13	—
Sausages	·66	427·23	73·06	99·97	30·33
Mince	1·04	681·75	122·03	212·02	—
	16·28	21718·13	1876·25	2719·22	592·65
VEGETABLE.—Bread	2·75	10571·67	972·59	137·43	5613·56
Rolls, &c.	1·37	4694·98	497·67	361·5	1507·09
Flour	·17	540·85	61·66	5·41	406·18
Meal	·79	1195·33	192·45	86·06	806·85
Rolled oats	·08	113·62	18·97	8·29	75·22
Potatoes	·95	8094·64	145·70	8·09	1189·91
Onions	·02	140·89	1·97	·42	12·54
Haricot beans	·25	454·5	102·26	8·18	270·88
Cucumber	·91	1108·98	7·76	2·22	28·83
Prunes	·29	199·98	3·60	—	124·39
Sugar	1·66	4545·0	—	—	4545·0
Jam	·19	340·87	2·04	·34	288·03
Oil	·41	281·79	—	281·79	—
	9·84	32283·10	2006·67	899·73	14868·48
Total	26·12	54001·23	3882·92	3618·95	15461·13

No. VII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs ...	1 0	600·0	71·4	55·8	—
Butter ...	4·46	1818·0	18·18	1545·3	—
Milk ...	2·83	13064·0	431·11	522·56	653·2
Mackerel ...	·5	1649·83	168·28	69·29	—
Haddock ...	1·25	3867·79	324·89	7·73	—
Flounders ...	·83	2613·37	167·25	7·84	—
Herring ...	·17	399·96	94·79	13·60	—
Chicken ...	5·33	4004·14	548·57	492·51	—
Beef ...	2·41	1790·73	333·07	356·35	—
Mince ...	2·0	1590·75	284·74	494·72	—
	20·78	31398·57	2442·28	3565·70	653·2
VEGETABLE.—Bread ...	4·17	16362·0	1505·3	212·71	8688·22
Rolls, &c. ...	1·25	4176·85	442·75	321·62	1340·77
Flour ...	·5	1590·75	181·34	15·91	1194·65
Meal ...	·5	1590·75	256·11	114·53	1073·76
Rice ...	·21	568·12	45·45	1·70	448·81
Potatoes ...	1·56	12048·79	216·88	12·05	1771·17
Cabbage ...	·08	595·39	8·33	1·19	28·58
Sugar ...	1·5	4090·5	—	—	4090·5
Jam ...	·41	509·04	3·05	·51	430·14
Oil ...	·83	454·5	—	454·5	—
	11·01	41986·69	2659·21	1134·72	19066·60
Total ...	31·79	73385·26	5101·49	4700·42	19719·80

No. VIII.

ANIMAL.—Eggs ...	1·75	1050·0	124·95	97·65	—
Butter ...	2·48	854·46	8·54	726·29	—
Milk ...	2·66	11928·0	393·62	477·12	596·4
Cheese ...	·41	454·5	125·9	167·26	18·63
Herring ...	·25	399·96	94·79	13·60	—
Haddock ...	1·0	2727·0	229·07	5·45	—
Flounders ...	·66	1363·5	87·26	4·09	—
Beef ...	3·41	1849·81	344·06	368·11	—
Dripping ...	·68	736·29	—	719·35	—
	13·30	21363·52	1408·19	2578·92	615·03
VEGETABLE.—Bread ...	2·64	11221·6	1032·39	145·88	5958·67
Rolls, &c. ...	2·0	3917·79	415·28	301·67	1257·61
Rice ...	·33	909·0	72·72	2·73	718·11
Potatoes ...	1·62	12980·52	233·65	12·98	1908·14
Cucumber ...	·12	140·89	·99	·28	3·66
Sugar ...	2·25	5367·64	—	—	5367·64
	8·96	34537·44	1755·03	463·54	15213·83
Total ...	22·26	55900·96	3163·22	3042·46	15828·86

No. IX.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	1·66	900·	107·1	83·7	—
Butter	2·62	995·35	9·95	846·05	—
Milk	1·17	6248·0	206·18	249·92	312·4
Bacon	1·41	822·64	186·74	215·53	—
Pork	·66	795·37	106·58	192·48	—
Beef	3·66	2217·96	412·54	441·37	—
Sausages	1·91	1804·36	308·54	422·22	128·11
	13·09	13783·68	1337·63	2451·27	440·51
VEGETABLE.—Bread	1·93	7753·77	713·34	100·80	4117·25
Flour	·37	1195·33	136·27	11·95	897·69
Corn flour	·08	113·62	8·07	1·48	89·08
Rice	·08	172·71	13·82	·52	136·44
Meal	·17	481·77	77·56	34·69	325·19
Potatoes... ..	1·17	11526·12	207·47	11·53	1694·34
Cabbage	·08	1877·08	26·28	3·75	90·10
Onions	·08	340·87	4·77	1·02	30·34
Turnips	·04	568·12	5·11	·57	32·38
Sugar	1·7	3122·41	—	—	3122·41
Sago	·08	140·89	12·68	·56	110·03
	5·78	27292·69	1205·37	166·87	10645·25
Total	18·87	41076·37	2534·00	2618·14	11085·76

No. X.

ANIMAL.—Eggs	·37	300·0	35·70	27·90	—
Butter	1·66	577·21	5·77	490·63	—
Cheese	·83	454·5	125·89	167·25	18·63
Condensed milk	·17	227·25	26·13	·91	99·31
Herring (fresh)... ..	·25	513·58	57·52	20·03	—
Findon haddock	1·70	4717·71	759·55	17·93	—
Haddock	·64	3522·37	295·88	7·04	—
Beef	2·25	2440·66	453·96	485·69	—
Mince.	1·0	909·0	162·71	282·70	—
Sausages	1·37	1022·62	174·87	239·29	72·61
Dripping	·12	199·98	—	195·38	—
	10·36	14884·88	2097·98	1934·75	190·55
VEGETABLE.—Bread	3·66	14544·0	1338·05	189·07	7722·86
Flour	·17	681·75	77·72	6·82	511·99
Barley	·04	113·62	9·66	1·25	88·39
Macaroni	1·25	2272·5	304·51	20·45	1683·92
Potatoes	1·0	12726·0	229·07	12·72	1870·72
Peas	·04	59·08	14·53	·59	36·63
Cabbage	·33	4263·21	59·68	8·52	204·63
Onions	·17	768·10	10·75	2·30	68·36
Sugar	1·29	2331·58	—	—	2331·58
Tomatoes	·75	340·87	3·07	1·36	13·29
	8·70	38100·71	2047·04	243·08	14532·37
Total	19·06	52985·59	4145·02	2177·83	14722·92

No. XI.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Butter	·58	340·87	3·41	289·74	—
Cheese	·17	113·62	31·47	41·81	4·66
Milk	·75	3408·0	112·46	136·32	170·40
Cod	·41	909·0	151·80	2·73	—
Fish suppers	1·5	2577·01	193·27	177·81	613·33
Ham	·17	113·62	25·79	29·77	—
Beef	1·0	909·0	169·07	180·89	—
Mutton	·37	454·5	107·71	84·08	—
Corned beef	·25	227·25	32·49	54·08	—
Mince	·37	227·25	40·68	70·67	—
Sausages	1·66	1818·0	310·88	425·41	129·08
	7·23	11098·12	1179·03	1493·31	917·46
VEGETABLE.—Bread	2·77	10453·50	961·72	135·89	5550·81
Rolls	1·08	2222·50	235·58	171·13	713·42
Macaroni	1·25	2272·5	304·51	20·45	1683·92
Rice	·17	454·5	36·36	1·36	359·05
Potatoes	·12	1590·75	28·63	1·59	233·84
Onions	·21	909·0	12·72	2·73	80·90
Sugar	1·12	2045·25	—	—	2045·25
Jelly	·41	304·51	1·83	·30	257·31
Tomatoes	·37	454·5	4·09	1·82	17·72
	7·50	20707·01	1585·44	335·27	10942·22
Total	14·73	31805·13	2764·47	1828·58	11859·68

No. XII.

ANIMAL.—Eggs	1·31	900·	107·1	83·7	—
Butter	·5	399·96	4·0	339·96	—
Cheese	·56	340·87	94·42	125·44	13·97
Milk	1·25	5680·0	187·44	227·20	284·0
Buttermilk	·25	1704·0	51·12	8·5	81·79
Ham	·33	227·25	51·58	59·54	—
Cod	·33	909·0	151·80	2·73	—
Beef	2·95	2958·79	550·33	588·80	—
Mutton	·37	454·5	107·71	84·08	—
Sausages	·25	227·25	38·86	53·17	16·13
Black pudding	·17	227·25	7·27	36·81	9·32
	8·27	14028·87	1351·63	1609·93	405·21
VEGETABLE.—Bread	2·77	10453·5	961·72	135·89	5550·81
Scones, &c.	·66	1363·5	144·53	104·99	437·68
Barley	·04	227·25	19·31	2·50	176·80
Meal	·41	1590·75	256·11	114·53	1073·75
Potatoes	·47	6481·17	116·66	6·48	952·73
Cabbage	·21	2976·97	41·68	5·95	142·89
Carrot	·04	881·73	7·93	1·76	65·25
Peas	·08	227·25	55·90	2·27	140·89
Onions	·04	227·25	3·18	·68	20·22
Sugar	·91	1818·0	—	—	1818·0
	5·63	26247·37	1607·02	375·05	10379·02
Total	13·90	40276·24	2958·65	1984·98	10784·23

No. XIII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	2·25	1800·0	214·20	167·40	—
Butter	1·66	654·48	6·54	556·31	—
Cheese	·66	427·23	118·34	157·22	17·51
Milk (condensed)	·29	368·14	42·33	1·47	160·88
Milk	1·0	4544·0	149·95	181·76	227·20
Haddock	·25	454·5	38·18	·91	—
Findon haddock	·21	454·5	73·17	1·73	—
Ham	2·62	1590·75	361·10	416·77	—
Pork	·66	454·5	60·90	109·99	—
Dripping	·21	172·71	—	168·74	—
Liver	·21	227·25	45·90	7·04	5·68
Mutton	·17	113·62	26·93	21·02	—
Sausages	·5	681·75	116·58	159·53	48·40
Mince	1·12	1022·62	183·05	318·03	—
Beef	2·25	2336·13	434·52	464·89	—
	14·06	15302·18	1871·69	2732·81	459·67
VEGETABLE.—Bread	4·58	19998·0	1839·81	259·97	10618·94
Scone	·33	968·08	102·61	74·54	310·75
Meal	·5	1704·37	274·40	122·71	1150·45
Flour	·21	768·10	87·56	7·68	576·84
Barley	·08	227·25	19·31	2·50	176·80
Potatoes	·81	10821·64	194·79	10·82	1590·78
Turnip	·21	3072·42	27·65	3·07	175·13
Cabbage... ..	·12	1877·08	26·28	3·75	90·10
Peas	·12	313·60	77·14	3·13	194·43
Sugar	1·29	2586·10	—	—	2586·1
Jam	·29	454·5	2·73	·45	384·05
Raisins	·21	227·25	5·22	6·82	155·66
Currants	·21	227·25	5·45	3·86	168·62
	8·96	43245·64	2662·95	499·30	18178·65
Total	23·02	58547·82	4534·64	3232·11	18638·32

No. XIV.

ANIMAL.—Butter	1·46	1195·33	11·95	1016·03	—
Cheese	·17	113·62	31·47	41·81	4·66
Milk	1·0	4544·0	149·95	181·76	227·20
Herring	·25	399·96	94·79	13·60	—
Ham	·75	340·87	77·38	89·31	—
Dripping	·12	86·35	—	84·36	—
Liver	—	1163·52	235·03	36·07	29·09
Beef	·5	627·21	116·66	124·81	—
Mince	1·25	1136·25	203·39	353·37	—
	5·50	9607·11	920·62	1941·12	260·95
VEGETABLE.—Bread	6·87	25279·29	2325·69	328·63	13423·30
Biscuits	·17	172·71	18·31	13·30	55·44
Meal	·41	1563·48	251·72	112·57	1055·35
Potatoes	·83	8130·00	146·36	8·13	1195·25
Turnips, &c.	·12	1931·62	17·38	1·93	110·10
Lentils	·17	454·5	116·80	4·54	269·06
Onions	·08	454·5	6·36	1·36	40·45
Haricot beans	·25	454·5	102·26	8·18	270·88
Sugar	·70	1390·77	—	—	1390·77
Marmalade	·29	736·29	4·42	·73	622·16
	9·89	40568·66	2989·30	479·37	18432·76
Total	15·39	50175·77	3909·92	2420·49	18693·71

No. XV.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	1.29	850.0	101.15	79.05	—
Butter	3.70	1418.04	14.18	1205.33	—
Milk	1.17	5112.0	168.69	204.48	255.60
Buttermilk12	1136.0	34.08	5.68	54.53
Ling fish41	854.46	162.35	3.42	—
Findon haddock25	513.58	82.68	2.05	—
Ham	1.0	454.5	103.17	119.08	—
Mutton5	854.46	202.51	158.07	—
Beef	1.17	1108.98	206.27	220.68	—
Sausages75	681.75	116.58	159.53	48.40
Black pudding17	227.25	7.27	36.81	9.32
	10.53	13211.02	1198.93	2194.18	367.85
VEGETABLE.—Bread	2.91	10567.12	972.17	137.37	5611.14
Rolls33	681.75	72.26	52.49	218.84
Meal41	1308.96	210.74	94.24	883.55
Flour29	968.08	110.36	9.68	727.03
Barley17	454.5	38.63	5.0	353.60
Potatoes46	5594.89	100.71	5.59	822.45
Carrot21	3154.23	28.39	6.31	233.41
Cabbage12	1877.08	26.28	3.75	90.10
Peas08	227.25	55.90	2.27	140.89
Beetroot25	627.21	8.15	.63	48.29
Lentils33	909.0	233.61	9.09	538.13
Sugar	1.66	3322.39	—	—	3322.39
Jam	—	454.5	27.27	4.54	384.05
	7.22	30146.96	1884.47	330.96	13373.87
Total	17.75	43357.98	3083.40	2525.14	13741.72

No. XVI.

ANIMAL.—Eggs	2.08	1250.0	148.75	116.25	—
Butter	3.91	1336.23	13.36	1135.79	—
Milk	1.17	6248.0	206.18	249.92	312.42
Ham	2.75	1249.87	283.72	327.46	—
Pork83	454.5	60.90	109.99	—
Beef	2.87	3186.04	592.60	634.02	—
Mince75	795.37	142.37	247.36	—
Mutton	2.0	1363.5	323.15	252.24	—
Sausages66	909.0	155.44	212.70	64.54
	17.02	16792.51	1926.47	3285.73	376.96
VEGETABLE.—Bread	3.37	12357.85	1136.92	160.65	6562.02
Biscuits58	454.5	48.17	34.99	145.89
Flour17	513.58	58.55	5.13	385.70
Meal58	1872.54	301.48	134.82	1263.96
Barley08	227.25	19.31	2.5	176.80
Potatoes95	9494.5	170.90	9.49	1395.69
Cabbage25	3408.75	47.72	6.82	163.62
Lentils12	340.87	87.60	3.41	201.79
Carrot12	1108.98	9.98	2.22	82.06
Onions04	227.25	3.18	.68	20.22
Turnip12	2104.33	18.94	2.10	119.95
Sugar	1.75	3354.21	—	—	3354.21
Jam	1.17	1590.75	9.54	1.59	1344.18
	9.30	37055.36	1912.29	364.40	15216.09
Total	26.32	53847.87	3838.76	3650.13	15593.05

No. XVII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·21	150·0	17·85	13·95	—
Butter	1·17	681·75	6·82	579·48	—
Milk	·66	3408·0	112·46	136·32	170·40
Findon haddock	·87	1363·5	219·52	5·45	—
Haddock	·25	909·0	76·35	1·82	—
Dripping	·12	113·62	—	111·01	—
Beef	·83	1449·85	269·67	288·52	—
Corn beef	·75	227·25	32·49	54·08	—
Mince	·5	454·5	81·35	141·35	—
Liver	·58	795·37	160·66	24·65	19·88
Sausages	·12	113·62	19·43	26·59	8·07
	6·06	9666·46	996·60	1383·22	198·35
VEGETABLE.—Bread	3·33	14544·0	1338·05	189·07	7722·86
Rolls	·25	427·23	45·28	32·90	137·14
Mcal	·41	1590·75	256·11	114·53	1073·75
Barley	·17	454·5	38·63	5·0	353·60
Semolina	·25	340·87	40·56	2·04	258·38
Potatoes	·33	3181·5	57·27	3·18	467·68
Turnip	·17	2217·96	19·96	2·22	126·42
Onions	·25	1363·5	19·09	4·09	121·35
Sugar	1·14	2272·5	—	—	2272·5
	6·30	26392·81	1814·95	353·03	12533·68
Total	12·36	36059·27	2811·55	1736·25	12732·03

No. XVIII.

ANIMAL.—Eggs	2·21	1300·	154·7	120·90	—
Butter	·52	231·79	2·32	197·02	—
Cheese	·25	199·98	55·39	73·59	8·20
Milk	·66	4544·0	149·95	181·76	227·20
Buttermilk	·21	1704·0	51·12	8·52	81·79
Cod	·25	427·23	71·35	1·28	—
Ham	·33	227·25	51·58	59·54	—
Dripping	·08	86·35	—	84·36	—
Beef	·91	768·10	142·86	152·85	—
Sausages	2·25	2045·25	349·74	478·59	145·21
Mutton	·17	113·62	26·93	21·02	—
Mince	·62	568·12	101·69	176·68	—
	8·46	12215·69	1157·63	1556·11	462·40
VEGETABLE.—Bread	2·29	11335·23	1042·84	147·36	6019·01
Scone	·25	513·58	54·44	39·54	164·86
Flour	·56	2386·12	272·02	23·86	1791·97
Rice	·17	454·5	36·36	1·36	359·05
Potatoes	·5	6653·88	119·77	6·65	978·12
Onions	·23	1195·33	16·73	3·58	106·38
Sugar	1·06	2117·97	—	—	2117·97
Jam	·41	1077·16	6·46	1·08	910·20
Currants	·17	227·25	5·45	3·86	168·62
Raisins	·17	227·25	5·23	6·82	155·66
	5·81	26188·27	1559·30	234·11	12771·84
Total	14·27	38403·96	2716·93	1790·22	13234·24

No. XIX.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Butter	·5	454·5	4·54	386·32	—
Milk (skim)	·5	2272·0	77·25	6·82	115·87
Milk (condensed)	·5	681·75	78·40	2·73	297·92
Buttermilk	·5	3408·0	102·24	17·04	163·58
Beef	1·25	881·73	164·0	175·46	—
Sausages	·41	568·12	97·15	132·94	40·33
Mutton	·41	340·87	80·78	63·06	—
Rabbit	1·0	1704·37	364·73	165·32	—
	5·07	10311·34	969·09	949·69	617·70
VEGETABLE.—Bread	3·41	13898·61	1278·67	180·68	7380·16
Flour	·04	313·60	36·75	3·14	235·51
Meal	1·5	4804·06	773·45	345·89	3242·74
Potatoes	1·58	19825·29	356·85	19·82	2914·32
Onions	·21	1195·33	16·73	3·58	106·38
Carrots	·08	913·54	8·22	1·83	67·60
Cabbage	·08	1081·71	15·14	2·16	51·92
Haricot beans	·12	227·25	51·13	4·09	135·44
Sugar	1·19	2358·85	—	—	2358·85
Jam	·54	909·0	5·45	·91	768·10
	8·75	45527·24	2542·39	562·10	17261·02
Total	13·82	55838·58	3511·48	1511·79	17878·72

No. XX.

ANIMAL.—Eggs	1·27	650·0	77·35	60·45	—
Butter	1·08	681·75	6·82	579·49	—
Cheese	·66	313·60	86·87	115·40	12·86
Milk (condensed)	·41	509·04	58·54	2·04	222·45
Milk	·41	2272·0	74·97	90·88	113·60
Haddock	·25	454·5	38·18	·91	—
Findon haddock	·25	454·5	73·17	1·82	—
Herring	·54	1449·85	343·61	49·29	—
Dripping	·17	172·71	—	168·74	—
Salmi	·83	340·87	74·31	123·39	—
Beef	1·17	1081·71	201·20	215·26	—
Mutton	1·25	909·0	215·43	168·16	—
Sausages	·75	681·75	116·58	159·53	48·40
	9·04	9971·28	1367·03	1735·36	397·31
VEGETABLE.—Bread	2·58	9403·60	865·13	122·25	4993·31
Scone	·58	1313·50	139·23	101·14	421·63
Rice	·08	227·25	18·18	·68	179·53
Macaroni	1·12	2045·25	274·06	18·41	1515·53
Potatoes	·33	2813·35	50·64	2·81	413·56
Onions	·12	172·71	2·42	·52	15·37
Turnips	·08	1308·96	11·78	1·31	74·61
Tomatoes	·5	454·5	4·09	1·82	17·72
Sugar	1·5	3181·5	—	—	3181·5
Jam	·58	909·0	5·45	·91	768·10
Oil	·08	59·08	—	59·08	—
	7·55	24888·70	1370·98	308·93	11580·86
Total	16·59	34859·98	2738·01	2044·29	11978·17

No. XXI.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	1.25	850.0	101.15	79.05	—
Butter	2.75	1054.44	10.54	896.27	—
Cheese	1.33	881.73	244.24	324.47	36.15
Milk	1.75	7952.0	262.41	318.08	397.60
Herring46	740.83	175.57	25.19	—
Haddock21	454.5	38.18	.91	—
Ham54	681.75	154.76	178.62	—
Dripping04	113.62	—	111.01	—
Beef	1.79	1790.73	333.07	356.35	—
Mutton29	199.98	47.39	36.99	—
Sausages	1.33	1363.5	233.16	319.06	96.81
	11.74	16083.08	1600.47	2646.0	530.56
VEGETABLE.—Bread	4.06	14630.35	1345.99	190.19	7768.71
Scone41	854.46	90.57	65.79	274.28
Meal17	454.50	73.17	32.72	306.79
Barley17	454.50	38.63	5.0	353.60
Potatoes	1.0	9549.04	171.88	9.55	1403.71
Cabbage29	4208.67	58.92	8.42	202.02
Onions08	427.23	5.98	1.28	38.02
Turnip12	1931.62	17.38	1.93	110.10
Peas08	227.25	55.90	2.27	140.89
Sugar	1.64	1304.41	—	—	1304.41
Jam	—	909.0	5.45	.91	768.10
	8.02	34951.03	1863.87	318.06	12670.63
Total	19.76	51034.11	3464.34	2964.06	13201.19

No. XXII.

ANIMAL.—Eggs	2.21	1200.0	142.80	111.60	—
Butter	2.08	736.29	7.36	625.84	—
Cheese66	454.5	125.89	167.25	18.63
Milk	1.75	7952.0	262.42	318.03	397.60
Flounders	2.08	4090.5	261.79	12.27	—
Findon haddock79	909.0	146.35	3.64	—
Haddock66	1136.25	95.44	2.27	—
Anchovies45	59.08	17.84	10.99	—
Herring25	513.58	121.72	17.46	—
Chicken	2.5	1763.46	241.59	216.90	—
Beef	5.37	3840.52	714.34	764.26	—
Veal	1.04	1222.60	189.50	96.58	—
	19.84	23877.78	2327.04	2347.14	416.23
VEGETABLE.—Bread	2.79	13635.0	1254.42	177.25	7240.18
Scones	1.95	3240.58	343.50	249.52	1040.22
Rolled oats08	140.89	23.53	10.28	93.27
Quaker oats21	881.73	129.61	54.67	615.45
Barley12	340.87	28.97	3.75	265.20
Flour25	736.29	83.94	7.36	552.95
Potatoes58	5653.98	101.77	5.65	831.13
Turnip08	1022.62	9.20	1.02	58.29
Cabbage08	1081.71	15.14	2.16	51.92
Beetroot08	427.23	5.55	.43	32.90
Tomatoes25	227.25	2.04	.91	8.86
Sugar66	1281.69	—	—	1281.69
Oil41	168.16	—	168.16	—
	7.54	28838.0	1997.67	681.16	12072.06
Total	27.38	52715.78	4324.71	3028.30	12488.29

No. XXIII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Butter	1·33	907·2	9·07	771·12	—
Cheese	3·33	1986·77	550·33	731·13	81·46
Milk	1·17	5103·0	168·40	204·12	255·15
Beef	3·5	3061·8	569·49	609·30	—
Mutton	0·5	567·0	134·38	104·89	—
	9·83	11625·77	1431·67	2420·56	336·61
VEGETABLE.—Bread	4·37	19051·20	1752·71	247·66	10116·19
Meal	·5	1587·6	255·60	114·31	1071·63
Potatoes	1·91	23814·0	428·65	23·81	3500·66
Lentils	·17	453·6	116·57	4·54	268·53
Peas	·08	226·8	55·79	2·27	140·62
Carrot	·21	3578·90	32·21	7·16	264·84
Sugar	1·25	2721·6	—	—	2721·6
Jam	·83	1360·8	8·16	1·36	1149·88
	9·32	52794·5	2649·69	401·11	19233·95
Total	19·15	64420·27	4081·36	2821·67	19570·56

No. XXIV.

ANIMAL.—Butter	1·0	822·64	8·22	699·24	—
Milk	1·33	6248·0	206·18	249·92	312·40
Beef	·25	795·37	147·94	158·28	—
Mince	·87	795·37	142·37	247·36	—
	3·45	8661·38	504·71	1354·80	312·40
VEGETABLE.—Bread	3·27	13153·23	1210·10	170·99	6984·36
Meal	·5	909·0	146·35	65·45	613·57
Barley	·08	227·25	19·31	2·50	176·80
Potatoes	·75	9771·75	175·89	9·77	1436·45
Turnip	·21	2586·10	23·27	2·59	147·41
Onions	·12	627·21	8·78	1·88	55·82
Cabbage	·04	681·75	9·54	1·36	32·72
Sugar	1·35	2186·14	—	—	2186·14
Jam	1·12	1931·62	11·59	1·93	1632·22
	7·44	32074·05	1604·83	256·47	13265·49
Total	10·89	40735·43	2109·54	1611·27	13577·89

No. XXV.

KIND OF FOOD MATERIAL.	Total Cost in Shillings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·21	150·	17·85	13·95	—
Butter	·68	666·79	6·67	566·77	—
Cheese	·19	113·4	31·41	41·73	4·65
Milk	·75	3402·0	112·27	136·08	170·10
Condensed milk	·46	426·38	49·03	1·70	186·33
Ham	1·04	539·78	122·53	141·42	—
Beef	·5	453·6	84·37	90·26	—
Mutton	1·25	1896·05	449·36	350·77	—
Mince	·37	367·42	65·77	114·27	—
Sausages	2·0	1841·62	314·92	430·94	130·75
	7·45	9857·04	1254·18	1887·89	491·83
VEGETABLE.—Bread	2·0	8083·15	743·65	105·08	4292·15
Meal	·21	793·8	127·80	57·15	535·81
Potatoes	·5	6468·34	116·43	6·47	950·84
Turnips	·12	2100·17	18·90	2·10	119·71
Onions	·08	539·78	7·55	1·62	48·04
Sugar	·97	2326·97	—	—	2326·97
	3·88	20312·21	1014·33	172·42	8273·52
Total	11·33	30169·25	2268·51	2060·31	8765·35

No. XXVI.

ANIMAL.—Eggs	·17	100·0	11·9	9·3	—
Butter	1·68	866·37	8·66	736·41	—
Cheese	·21	113·4	31·41	41·73	4·65
Milk	·5	2268·0	74·84	90·72	113·40
Skim milk	·46	3116·23	105·95	9·35	158·93
Buttermilk	·04	281·23	8·43	1·41	13·50
Cod	·62	793·8	132·56	2·38	—
Ham	·17	113·4	25·74	29·71	—
Dripping	·08	113·4	—	110·79	—
Beef	2·17	2209·03	410·88	439·60	—
Mutton	1·66	1134·0	268·76	209·79	—
Sheep's heart	·41	453·6	76·66	57·15	—
Sausages	·17	226·8	38·78	53·07	16·10
	8·34	11789·26	1194·57	1791·41	306·58
VEGETABLE.—Bread	2·83	10328·47	950·22	134·27	5484·42
Flour	·25	793·8	90·49	7·94	596·14
Meal	·17	453·6	73·03	32·66	306·18
Potatoes	1·21	12056·69	217·02	12·05	1772·33
Turnip	·21	907·2	8·16	·91	51·71
Onions	·12	340·2	4·76	1·02	30·28
Haricot beans	·10	226·8	51·03	4·08	135·17
Peas	·08	226·8	55·79	2·27	140·62
Sugar	·89	2100·17	—	—	2100·17
	5·86	27433·73	1450·50	195·20	10617·02
Total	14·20	39222·99	2645·07	1986·61	10923·60

No. XXVII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·25	150·0	17·85	13·95	—
Butter	1·73	1528·63	15·28	1299·33	—
Cheese	·21	113·40	31·41	41·73	4·65
Milk	1·08	5103·0	168·40	204·12	255·15
Condensed milk	·17	113·4	13·04	·45	49·55
Buttermilk	·04	283·50	8·50	1·42	13·61
Bacon	·41	226·8	51·48	59·42	—
Haddocks	·50	680·4	57·15	1·36	—
Beef	1·70	1564·92	291·07	311·42	—
Mutton	1·29	1446·98	342·93	267·69	—
Liver	·5	680·4	137·44	21·09	17·01
Mince	·25	172·37	30·85	53·61	—
Sausages	1·0	907·2	155·13	212·28	64·41
Soup	·25	2268·0	24·95	2·27	176·90
	9·38	15239·0	1345·48	2490·14	581·28
VEGETABLE.—Bread	2·23	9394·05	864·25	122·12	4988·24
Seone, &c.	1·0	2780·57	294·74	214·10	892·57
Flour	·25	793·8	90·49	7·94	596·14
Meal	·25	907·2	146·06	65·32	612·36
Barley	·08	226·8	19·28	2·49	176·45
Potatoes	1·04	10242·29	184·36	10·24	1505·62
Onions	·37	2013·98	28·19	6·04	179·24
Cabbage	·25	2522·02	35·31	5·04	121·06
Turnip	·12	1728·22	15·55	1·73	98·51
Peas	·08	226·8	55·79	2·27	140·62
Oranges	·17	512·57	3·07	0·51	43·57
Sugar	1·19	2807·78	—	—	2807·78
	7·03	34156·08	1737·09	437·80	12162·16
Total	16·41	49395·08	3082·57	2927·94	12743·44

No. XXVIII.

ANIMAL.—Butter	·83	662·26	6·62	562·92	—
Cheese	·39	226·8	62·82	83·46	9·30
Milk (skim)	·58	3969·0	134·95	11·91	202·42
Milk (sweet)	·54	2835·0	93·55	113·40	141·75
Buttermilk	·04	283·5	8·5	1·42	13·61
Fish (ling)	·25	480·82	91·35	1·92	—
Bacon	·66	966·17	219·32	253·14	—
Beef bones	·87	1306·37	242·98	259·97	—
Mutton	·25	340·2	80·63	62·94	—
Sausages	·62	739·37	126·43	173·01	52·49
	5·03	11809·49	1067·15	1524·09	419·57
VEGETABLE.—Bread	2·21	9743·33	896·38	126·66	5173·71
Rolls	·17	453·6	48·08	34·93	145·60
Flour	·21	766·58	87·39	7·66	575·70
Meal	·21	793·8	127·80	57·15	535·81
Rice	·33	907·2	72·57	2·72	716·69
Macaroni	·12	226·8	30·39	2·04	168·06
Potatoes	·62	7770·17	139·86	7·77	1142·21
Turnip	·29	3846·53	34·62	3·85	219·25
Onions	·04	140·62	1·97	·42	12·51
Sugar	·79	1859·76	—	—	1859·76
	4·99	26508·39	1439·06	243·20	10549·30
Total	10·02	38317·88	2506·21	1767·29	10968·87

No. XXIX.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·64	500·	59·5	46·5	—
Margarine	1·17	793·8	7·94	674·73	—
Cheese	·56	367·42	101·77	135·21	15·06
Milk (skim)	1·21	7938·0	269·89	23·81	404·84
Haddocks	·79	2381·4	200·04	4·76	—
Ham	·33	226·8	51·48	59·42	—
Beef and bones... ..	1·37	2435·83	453·06	484·73	—
Mutton	·58	453·6	107·50	83·92	—
Mince	·87	907·2	162·39	282·14	—
Sausages	1·41	2013·98	344·39	471·27	142·99
	8·93	18018·03	1757·96	2266·49	562·89
VEGETABLE.—Bread	3·95	17499·89	1609·99	227·50	9292·44
Rolls	·33	1251·94	132·70	96·40	401·87
Meal	1·0	2721·6	438·18	195·95	1837·08
Rice	·12	453·6	36·29	1·36	358·34
Barley	·17	453·6	38·55	4·99	352·90
Potatoes	·58	7910·78	142·39	7·91	1162·88
Lentils	·25	907·2	233·15	9·07	537·06
Onions	·17	743·90	10·41	2·23	66·21
Carrots, &c.	·41	4504·25	40·54	9·01	333·31
Haricot beans	·08	140·62	31·63	2·53	83·81
Sugar	1·52	3547·15	—	—	3547·15
	8·58	40134·53	2713·83	556·95	17973·05
Total	17·51	58152·56	4471·79	2823·44	18535·94

No. XXX.

ANIMAL.—Eggs	·75	450·	53·55	41·85	—
Margarine	·79	684·94	6·85	582·20	—
Milk (skim)	1·12	7938·0	269·89	23·81	404·84
Milk (sweet)	·25	1134·0	37·42	45·36	56·70
Ham	·62	349·27	79·28	91·51	—
Dripping	·12	340·2	—	332·37	—
Beef and bones... ..	1·37	3007·37	559·37	598·47	—
Mutton	·54	508·03	120·40	93·98	—
Sausages	·87	821·02	140·39	192·12	58·29
Mince	·5	480·82	86·07	149·53	—
Liver	·17	226·8	45·81	7·03	5·67
	7·10	15940·45	1399·03	2158·23	525·50
VEGETABLE.—Bread	4·97	19786·03	1820·31	257·22	10506·38
Scones, &c.	1·5	4944·24	524·09	380·71	1587·10
Flour	·25	793·8	90·49	7·94	596·14
Meal	·58	2041·2	328·63	146·97	1377·81
Barley	·25	625·97	53·21	6·88	487·00
Potatoes	·58	7148·74	128·68	7·15	1050·86
Cabbage... ..	·21	1905·12	26·67	3·81	91·44
Turnip	·25	2871·29	25·84	2·87	163·66
Onions	·12	226·8	3·17	·68	20·18
Lentils	·21	453·6	116·57	4·54	268·53
Sugar	1·37	3343·03	—	—	3343·03
Treacle	·17	453·6	10·88	—	314·34
Currants	·17	226·8	5·44	3·85	168·28
Raisins	·12	113·4	2·60	3·40	77·68
Tomatoes	·17	113·4	1·02	·45	4·42
	10·92	45047·02	3137·60	826·47	20056·85
Total	18·02	60987·47	4536·63	2984·70	20582·35

No. XXXI.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·87	650·	77·35	60·45	—
Margarine	·54	453·60	4·54	385·56	—
Cheese	·08	27·22	7·54	10·02	1·12
Milk	·91	4536·0	149·69	181·44	226·80
Cod	·66	1646·57	274·98	4·94	—
Haddock	·46	739·37	62·11	1·48	—
Ham	1·17	821·02	186·37	215·11	—
Pork	·21	172·37	23·10	41·71	—
Beef and bones... ..	1·58	2667·17	496·09	530·77	—
Sausages	·87	852·77	145·82	199·55	60·55
Mince	·29	226·80	40·60	70·53	—
	7·64	12792·89	1468·19	1701·56	288·47
VEGETABLE.—Bread	2·83	12247·2	1126·74	159·21	6503·26
Scones, &c.	·41	793·8	84·14	61·12	254·81
Meal	·54	1247·4	200·83	89·81	841·99
Rice	·17	453·6	36·29	1·36	358·34
Barley	·08	172·37	14·65	1·90	134·10
Potatoes	·58	8790·77	158·23	8·79	1292·24
Turnips, &c.	·5	5107·54	45·97	5·11	291·13
Onions	·04	172·37	2·41	·52	15·34
Peas	·17	653·18	160·68	6·53	404·97
Sugar	·44	1047·82	—	—	1047·82
Jam	·08	113·4	·68	—	95·82
Apples	·08	567·0	1·70	1·70	61·24
	5·92	31366·45	1832·32	336·05	11301·06
Total	13·56	44159·34	3300·51	2037·61	11589·53

No. XXXII.

ANIMAL.—Eggs	·75	450·00	53·55	41·85	—
Butter	2·17	979·78	9·80	832·81	—
Cheese	1·5	907·20	251·29	333·85	37·19
Condensed milk	·21	680·40	78·25	2·72	297·33
Cod	·41	907·20	151·50	2·72	—
Ham	·83	453·60	102·97	118·84	—
Dripping	·25	226·80	—	221·58	—
Beef	2·66	1814·40	337·48	361·06	—
Liver	·41	907·20	183·25	28·12	22·68
Mince	·25	226·80	40·60	70·53	—
Sausages	·75	680·40	116·35	159·21	48·31
Mutton	1·17	907·20	215·01	167·83	—
	11·36	9140·98	1540·05	2341·12	405·51
VEGETABLE.—Bread	7·25	34360·2	3161·14	446·68	18245·27
Rolls, &c.	·5	1134·0	120·2	87·32	364·01
Potatoes	1·0	9525·6	171·46	9·52	1400·26
Carrots	·12	1501·42	13·51	3·0	111·10
Onions	·08	453·6	6·35	1·36	40·37
Beans	·21	453·6	102·06	8·16	270·34
Sugar	1·35	3288·6	—	—	3288·6
Jelly	·77	1220·18	7·32	1·22	1031·05
	11·28	51937·2	3582·04	557·26	24751·00
Total	22·64	61078·18	5122·09	2898·38	25156·51

No. XXXIII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Butter	2 0	771·12	7·71	655·45	—
Cheese	·64	453·6	125·65	166·92	18·60
Milk	·75	3402·0	112·27	136·08	170·10
Haddock	1·04	2268·0	190·51	4·54	—
Ham	·17	113·4	25·74	29·71	—
Beef	1·04	680·4	126·55	135·40	—
Mince	·66	567·0	101·49	176·34	—
Rabbit	·17	226·8	48·53	22·0	—
Mutton	·29	226·8	53·75	41·96	—
	6·76	8709·12	792·20	1368·40	188·70
VEGETABLE.—Bread	2·79	11480·62	1056·22	149·25	6096·21
Scone	·17	254·02	26·93	19·56	81·54
Barley	·17	226·8	19·28	2·49	176·45
Potatoes... ..	·91	12700·8	228·61	12·70	1867·02
Peas	·25	226·8	55·79	2·27	140·62
Turnips	·25	1560·38	14·04	1·56	88·94
Onions	·04	226·8	3·17	·68	20·18
Sugar	1·19	2776·03	—	—	2776·03
	5·77	29452·25	1404·04	188·51	11246·99
Total	12·53	38161·37	2196·24	1556·91	11435·69

No. XXXIV.

ANIMAL.—Eggs	·17	100·	11·9	9·3	—
Butter	·62	281·23	2·81	239·04	—
Milk	·91	3969·0	130·98	158·76	198·45
Cod	·41	680·4	113·63	2·04	—
Ham	·58	340·2	77·22	89·13	—
Dripping	·25	226·8	—	221·58	—
Pork	·37	226·8	30·39	54·88	—
Beef	·91	680·4	126·55	135·40	—
Mince	·75	680·4	121·79	211·60	—
Sausage	1·5	1360·8	232·70	318·43	96·62
	6·47	8546·03	847·97	1440·16	295·07
VEGETABLE.—Bread	2·77	10972·58	1009·48	142·64	5826·44
Meal	·17	226·8	36·51	16·33	153·09
Potatoes	·83	8337·17	150·07	8·34	1225·56
Turnips	·21	1759·97	15·84	1·76	100·32
Lentils	·08	226·8	58·29	2·27	134·26
Haricot beans	·12	226·8	51·03	4·08	135·17
Sugar	·73	1587·6	—	—	1587·6
Jelly	·58	907·2	5·44	·91	766·58
	5·49	24244·92	1326·66	176·33	9929·02
Total	11·96	32790·95	2174·63	1616·49	10224·09

No. XXXV.

KIND OF FOOD MATERIAL.	Total Cost in Shillings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	1·54	800·0	95·20	74·40	—
Butter	3·21	1274·62	12·75	1083·43	—
Cheese	·39	226·8	62·82	83·46	9·30
Milk	1·83	7938·0	261·95	317·52	396·90
Buttermilk	·04	283·5	8·50	1·42	13·61
Haddock	·95	1079·57	90·68	2·16	—
Bacon	·5	226·8	51·48	59·42	—
Beef	2·79	1982·23	368·69	394·46	—
Mutton	·58	453·6	107·50	83·92	—
Sausages	·33	254·02	43·44	59·44	18·03
	12·16	14519·14	1103·01	2159·63	437·84
VEGETABLE.—Bread	2·83	10464·55	962·74	136·04	5556·68
Scones, &c.	·83	2807·78	297·62	216·20	901·30
Flour	·37	1161·22	132·38	11·61	872·08
Meal	·58	1841·62	296·50	132·60	1243·09
Barley	·12	254·02	21·59	2·79	197·63
Potatoes	·66	6608·95	118·96	6·61	971·51
Cabbage... ..	·33	3002·83	42·04	6·00	144·13
Onions	·12	512·57	7·17	1·54	45·62
Lentils	·12	226·8	58·29	2·27	134·26
Haricot beans	·14	226·8	51·03	4·08	135·17
Sugar	1·25	2943·86	—	—	2943·86
	7·35	30051·00	1988·32	519·74	13145·33
Total	19·51	44570·14	3091·33	2679·37	13583·17

No. XXXVI.

ANIMAL.—Butter	1·75	1587·6	15·88	1349·46	—
Cheese	·56	340·2	94·23	125·19	13·95
Milk	1·5	6804·0	224·53	272·16	340·20
Buttermilk	·08	567·0	17·01	2·83	27·22
Cod	1·0	2154·6	359·82	6·46	—
Beef	1·83	2181·82	405·82	434·18	—
Veal	·17	113·4	17·58	8·96	—
Mutton	·5	340·2	80·63	62·94	—
Mince	·5	480·82	86·07	149·53	—
Sausages	1·37	1501·42	256·74	351·33	106·60
	9·26	16071·06	1558·31	2763·04	487·97
VEGETABLE.—Bread	3·29	14143·25	1301·18	183·86	7510·06
Scones, &c.	1·17	2921·18	309·64	224·93	937·70
Flour	·08	226·8	25·85	2·27	170·33
Barley	·17	453·6	38·56	4·99	352·90
Meal	·46	1528·63	246·11	110·06	1031·82
Potatoes	·77	9924·77	178·64	9·92	1458·94
Turnips	·21	2612·74	23·51	2·61	148·93
Onions	·17	707·62	9·91	2·12	62·98
Sugar	1·5	3941·78	—	—	3941·78
	7·82	36460·37	2133·40	540·76	15615·44
Total	17·08	52531·43	3691·71	3303·80	16103·41

No. XXXVII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·41	300·0	35·7	27·9	—
Butter	1·33	680·4	6·80	578·34	—
Milk	·58	2268·0	74·84	90·72	113·40
Findon haddock	·91	1360·8	219·09	5·44	—
Bacon	1·04	680·4	154·45	178·26	—
Dripping	·21	172·37	—	168·40	—
Beef	·54	340·2	63·28	67·70	—
Mutton	·5	453·6	107·50	83·92	—
Sausages	·29	226·8	38·78	53·07	16·10
Mince	·25	226·8	40·60	70·53	—
Black pudding	·17	226·8	7·26	36·74	9·30
	6·23	6936·17	748·30	1361·02	138·80
VEGETABLE.—Bread	·89	3855·6	354·71	50·12	2047·32
Scones	·5	1020·6	108·18	78·59	327·61
Flour	·08	281·23	32·06	2·81	211·20
Barley	·08	113·4	9·64	1·25	88·22
Potatoes	·37	5216·4	93·89	5·22	766·81
Peas	·08	226·8	55·79	2·27	140·62
Turnips	·23	2299·75	20·70	2·30	131·08
Sugar	·58	821·02	—	—	821·02
	2·81	13834·80	674·97	142·56	4533·88
Total	9·04	20770·97	1423·27	1503·58	4672·68

No. XXXVIII.

ANIMAL.—Eggs	·41	250·	29·75	23·25	—
Butter	·79	281·23	2·81	239·04	—
Cheese	·35	226·8	62·82	83·46	9·30
Milk	1·08	4536·0	149·69	181·44	226·8
Cod	·25	453·6	75·75	1·36	—
Haddock	·25	340·2	28·58	·68	—
Findon haddock	·17	226·8	36·51	·91	—
Bacon	·93	508·03	115·32	133·10	—
Dripping	·5	453·6	—	443·17	—
Beef	·66	453·6	84·37	90·27	—
Mutton	·33	226·8	53·75	41·96	—
Sheep's liver, &c.	·41	907·2	183·25	28·12	22·68
Mince	·37	340·2	60·89	105·80	—
Sausages	·5	453·6	77·56	106·14	32·20
	7·0	9657·66	961·05	1478·70	290·98
VEGETABLE.—Bread	1·04	4536·0	417·31	58·97	2408·62
Scones, &c.	·12	793·8	84·14	61·12	254·81
Flour	·37	1020·6	116·35	10·21	766·47
Meal	·17	567·0	91·29	40·82	382·72
Rice	·08	226·8	18·14	·68	179·17
Force	·5	453·6	46·27	9·52	308·90
Potatoes	·5	6350·4	114·31	6·35	933·51
Pcas	·19	340·2	83·69	3·40	210·92
Beans	·75	226·8	51·03	4·08	135·17
Turnips	·08	934·42	8·41	·93	53·26
Onions	·08	453·6	6·35	1·36	40·37
Celery	·25	739·37	6·65	·74	19·22
Prunes	·33	226·8	4·08	—	141·07
Sugar	·58	1360·8	—	—	1360·8
Jelly	·27	453·6	2·72	·45	383·29
	5·31	18683·79	1050·74	198·63	7578·30
Total	12·31	28341·45	2011·79	1677·33	7869·28

No. XXXIX.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·91	600·0	71·40	55·80	—
Butter	2·39	1301·83	13·02	1106·55	—
Cheese	·19	113·4	31·41	41·73	4·65
Milk (sweet)	·91	4536·0	149·69	181·44	226·80
Milk (skim)	·75	5103·0	173·50	15·31	260·25
Condensed milk	·25	285·77	32·86	1·14	124·88
Haddock	·29	480·82	40·39	·96	—
Bacon	2·70	1873·37	425·25	490·82	—
Dripping	·04	27·22	—	26·59	—
Beef	·83	1075·03	199·95	213·93	—
Mince	·75	707·62	126·66	220·07	—
	10·01	16104·06	1264·13	2354·34	616·58
VEGETABLE.—Bread	5·21	24099·77	2217·18	313·30	12796·98
Rolls	·83	2984·69	316·38	229·82	958·08
Meal	·52	1673·78	269·48	120·51	1129·80
Potatoes	1·12	11766·38	211·79	11·77	1729·66
Turnips	·37	3374·78	30·37	3·37	192·36
Carrots	·08	1274·62	11·47	2·55	94·32
Sugar	1·66	3656·02	—	—	3656·02
	9·79	48830·04	3056·67	681·32	20557·22
Total	19·80	64934·10	4320·80	3035·66	21173·80

No. XL.

ANIMAL.—Eggs	·25	150·0	17·85	13·95	—
Butter	·73	299·38	2·99	254·47	—
Cheese	·19	113·4	31·41	41·73	4·65
Milk	2·12	9639·0	318·09	385·56	481·95
Buttermilk	·04	283·5	8·50	1·42	13·61
Haddock	·58	739·37	62·11	1·48	—
Bacon	·21	113·4	25·74	29·71	—
Dripping	·08	113·4	—	110·79	—
Pork	·66	453·6	60·78	109·77	—
Beef	·87	539·78	100·40	107·40	—
Mutton	·66	934·42	221·46	172·87	—
Sausages	2·17	2735·21	467·72	640·04	194·20
Mince	·5	426·38	76·32	132·60	—
	9·06	16540·84	1393·37	2001·79	694·41
VEGETABLE.—Bread	3·37	13249·66	1218·97	172·24	7035·57
Scones	·79	1701·0	180·31	130·98	546·02
Meal	·5	1360·8	219·09	97·98	918·54
Semolina	·17	226·8	26·99	1·36	171·91
Potatoes	·58	6690·6	120·43	6·69	983·52
Onions	·12	653·18	9·14	1·96	58·13
Turnips	·08	793·8	7·14	·79	45·25
Sugar	1·12	2467·58	—	—	2467·58
Jam	·81	1134·0	6·80	1·13	958·23
Bananas	·17	254·02	2·03	1·02	36·32
	7·71	28531·44	1790·90	414·15	13221·07
Total	16·77	45072·28	3184·27	2415·94	13915·48

No. XLI.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·83	550·	65·45	51·15	—
Butter	1·5	966·17	9·66	821·24	—
Cheese	·33	226·8	62·83	83·46	9·30
Milk	·08	283·5	9·35	11·34	14·17
Buttermilk	·17	1134·0	34·02	5·67	54·43
Condensed milk	·29	567·0	65·20	2·27	247·78
Cod	1·25	2268·0	378·75	6·80	—
Bacon	·5	340·2	77·22	89·13	—
Pork ribs	2·25	4055·18	543·39	981·35	—
Beef	·5	1388·02	258·17	276·21	—
Mutton	·41	453·6	107·50	83·92	—
Sausages	1·33	1932·34	330·43	452·17	137·20
Rabbit	1·0	1841·62	394·11	178·64	—
	10·44	16006·43	2336·08	3043·35	462·88
VEGETABLE.—Bread	3·91	14542·42	1337·90	189·05	7722·02
Scone	·12	335·66	35·58	25·84	107·75
Flour	·91	3175·2	361·97	31·75	2384·57
Potatoes	1·06	13608·0	244·94	13·61	2000·37
Turnips	·58	6640·70	59·76	6·64	378·52
Onions	·25	1020·6	14·29	3·06	90·83
Haricot beans	·08	172·37	38·78	3·10	102·73
Peas	·58	1020·6	251·07	10·21	632·77
Sugar	·62	1415·23	—	—	1415·23
	8·11	41930·78	2344·29	283·26	14854·79
Total	18·55	57937·21	4680·37	3326·61	15317·67

No. XLII.

ANIMAL.—Butter	1·08	734·83	7·35	624·60	—
Milk	1·41	6237·0	205·82	249·48	311·85
Cod	·41	539·78	90·14	1·62	—
Beef	1·33	1079·57	200·80	214·83	—
Mutton	·33	226·8	53·75	41·96	—
Rabbit	·66	993·38	212·58	96·36	—
Mince	·5	453·6	81·19	141·07	—
Sausages	·5	512·56	87·64	119·93	36·39
	6·22	10777·52	939·27	1489·85	348·24
VEGETABLE.—Bread	1·5	6577·20	605·10	85·50	3492·49
Scones, &c.	·33	961·63	101·93	74·04	308·68
Meal	·33	934·42	150·44	67·28	630·73
Barley	·04	113·4	9·64	1·25	88·22
Potatoes	·35	4563·22	82·14	4·56	670·79
Onions	·02	140·62	1·97	·42	12·51
Turnips	·17	1759·97	15·84	1·76	100·32
Peas	·06	113·4	27·90	1·13	70·31
Sugar	·68	1642·03	—	—	1642·03
	3·48	16805·89	994·96	235·94	7016·08
Total	9·70	27583·41	1934·23	1725·79	7364·32

No. XLIII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·46	250·0	29·75	23·25	—
Butter	1·73	625·97	6·26	532·07	—
Milk (sweet)	1·75	7938·0	261·95	317·52	396·90
Milk (skim)	·83	5670·0	192·78	17·01	289·17
Cod	·46	966·17	161·35	2·90	—
Haddock	·68	911·74	76·59	1·82	—
Bacon	2·21	1701·0	386·13	445·66	—
Beef	1·37	1560·38	290·23	310·51	—
Mutton	·91	621·43	147·28	114·96	—
Corn beef	·17	86·18	12·32	20·51	—
Mince	·5	340·2	60·89	105·80	—
Sausages	·5	453·6	77·56	106·14	32·20
Rabbit	·5	966·17	206·76	93·72	—
	12·07	22090·84	1909·85	2091·87	718·27
VEGETABLE.—Bread	2·62	10541·66	969·83	137·04	5597·62
Scones	1·10	2639·95	279·83	203·28	847·42
Flour	·17	426·38	48·61	4·26	320·21
Meal	·58	1587·6	255·60	114·31	1071·63
Rice	·04	58·97	4·72	·18	46·59
Corn flour	·25	86·18	6·12	1·12	67·56
Potatoes	·37	5134·75	92·42	5·13	754·81
Peas	·62	567·0	139·48	5·67	351·54
Lentils	·12	254·02	65·28	2·54	150·38
Haricots	·17	312·98	70·42	5·63	186·54
Cabbage	·21	2444·90	34·23	4·89	117·35
Carrots	·12	879·98	7·92	1·76	65·12
Sugar	1·35	2780·57	—	—	2780·57
Jam	·52	848·23	5·09	·85	716·75
	8·24	28563·17	1979·55	486·66	13074·09
Total	20·31	50654·01	3889·40	2578·53	13792·36

No. XLIV.

ANIMAL.—Eggs	2·95	1550·	184·45	144·15	—
Butter	4·91	2041·2	20·41	1735·02	—
Cheese	·17	113·4	31·41	41·73	4·65
Milk	1·5	8505·0	280·66	340·20	425·25
Buttermilk	·25	3402·0	102·06	17·01	163·30
Salt herring	·37	907·2	215·01	30·84	—
Bacon	2·04	1020·6	231·68	267·40	—
Pork	·75	1020·6	136·76	246·98	—
Beef	1·37	1247·4	232·02	248·23	—
Mutton	2·29	1927·8	456·89	356·64	—
Sausages	·87	793·8	135·74	185·75	56·36
	17·47	22529·0	2027·09	3613·95	649·56
VEGETABLE.—Bread	7·5	27216·0	2503·87	353·81	14451·70
Scones, &c.	1·87	3742·2	396·67	288·15	1201·25
Meal	·83	3175·2	511·21	228·61	2143·26
Flour	1·0	3175·2	361·97	31·75	2384·57
Barley	·25	453·6	38·56	4·99	352·90
Potatoes	·75	6350·4	114·31	6·35	933·51
Peas	·25	453·6	111·58	4·54	281·23
Lentils	·17	453·6	116·57	4·54	268·53
Onions	·25	907·2	12·70	2·72	80·74
Cabbage	·04	285·77	4·00	·57	13·72
Sugar	1·5	3628·8	—	—	3628·8
Jam	·70	907·2	5·44	·91	766·58
	15·11	50748·77	4176·88	926·94	26506·81
Total	32·58	73277·77	6203·97	4540·89	27156·37

No. XLV.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	1·33	600·	71·4	55·8	—
Butter	3·5	1188·43	11·88	1010·16	—
Cheese	·31	172·37	47·75	63·43	7·07
Milk	·95	3969·0	130·98	158·76	198·45
Buttermilk	·12	1134·0	34·02	5·67	54·43
Haddock	1·5	1587·6	133·36	3·17	—
Mutton	1·33	1360·8	322·51	251·75	—
Beef	1·08	567·0	105·46	112·83	—
Mince	·41	226·8	40·60	70·53	—
	10·53	10806·00	897·96	1732·10	259·95
VEGETABLE.—Bread	·46	1360·8	125·19	17·69	722·58
Seones, &c.	1·17	1533·17	162·52	118·05	492·15
Flour	1·5	7938·0	904·93	79·38	5961·44
Meal	·10	226·8	36·51	16·33	153·09
Corn flour	·08	113·4	8·05	1·47	88·90
Cabbage	·37	2494·8	34·93	4·99	119·75
Potatoes	·75	7938·0	142·88	7·94	1166·89
Rhubarb	·17	453·6	1·81	1·81	9·98
Oranges	·25	680·4	4·08	·68	57·83
Apples	·33	907·2	2·72	2·72	97·98
Sugar	1·04	2268·0	—	—	2268·0
Marmalade	·37	453·6	2·72	·45	383·29
	6·59	26367·77	1426·34	251·51	11521·88
Total	17·12	37173·77	2324·30	1983·61	11781·83

No. XLVI.

ANIMAL.—Eggs	2·58	1500·	178·5	139·5	—
Butter	1·5	793·8	7·94	674·73	—
Cheese	·70	480·82	133·19	176·94	19·71
Milk	1·0	5670·0	187·11	226·8	283·50
Condensed milk	·19	340·2	39·12	1·36	148·67
Cod	·41	907·2	151·50	2·72	—
Haddock	·66	907·2	76·20	1·81	—
Bacon	·83	453·6	102·97	118·84	—
Dripping	·25	453·6	—	443·17	—
Beef	3·58	3234·17	601·55	643·60	—
Mutton	·21	226·8	53·75	41·96	—
Black pudding	·33	453·6	14·51	73·48	18·60
	12·24	15420·99	1546·34	2544·91	470·48
VEGETABLE.—Bread	3·25	12079·37	1111·30	157·03	6414·14
Seones, &c.	·64	1134·0	120·20	87·32	364·01
Meal	·31	1047·82	168·70	75·44	707·28
Flour	·21	594·22	67·74	5·94	446·26
Semolina	·08	113·4	13·49	·68	85·96
Barley	·08	226·8	19·28	2·49	176·45
Rice	·12	340·2	27·22	1·02	268·76
Potatoes	·5	6350·4	114·31	6·35	933·51
Cabbage	·17	2295·22	32·13	4·59	110·17
Carrot, &c.	·29	5243·62	47·19	10·49	388·03
Onions	·17	966·17	13·53	2·90	85·99
Peas	·08	226·8	55·79	2·27	140·62
Sugar	1·21	2662·63	—	—	2662·63
Jam	·35	594·22	3·56	·59	502·11
	7·46	33874·87	1794·44	357·11	13285·92
Total	19·70	49295·86	3340·78	2902·02	13756·40

No. XLVII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·5	250·	29·75	23·25	—
Butter	4·39	1546·78	15·47	1314·76	—
Cheese	·41	226·8	62·82	83·46	9·30
Milk	1·83	7938·0	261·95	317·52	396·90
Buttermilk	·25	1701·0	51·03	8·50	81·65
Haddock	·54	907·2	76·20	1·81	—
Bacon	·91	453·6	102·97	118·84	—
Beef	1·46	1474·2	274·20	293·36	—
Mutton	·66	285·77	67·73	52·87	—
Sausages	1·25	1134·0	193·91	265·36	80·51
Mince	·66	453·6	81·19	141·07	—
	12·86	16370·95	1217·22	2620·80	568·36
VEGETABLE.—Bread	3·37	11793·60	1085·01	153·32	6262·40
Meal	·81	2381·4	383·40	171·46	1607·44
Peasemeal	·41	907·2	223·17	9·07	562·46
Flour	·5	1360·8	155·13	13·61	1021·96
Rice	·12	340·2	27·22	1·02	268·76
Corn flour	·12	340·2	24·15	4·42	266·72
Potatoes	1·87	14288·4	257·19	14·29	2100·39
Cabbage	·12	707·62	9·91	1·41	33·96
Turnips, &c.	·12	512·57	4·61	·51	29·22
Onions	·08	453·6	6·35	1·36	40·37
Sugar	1·85	4477·03	—	—	4477·03
Jam	·79	907·2	5·44	·91	766·58
	10·16	38469·82	2181·58	371·38	17437·29
Total	23·02	54840·77	3398·80	2992·18	18005·65

No. XLVIII.

ANIMAL.—Eggs	·5	300·	35·7	27·9	—
Butter	·75	340·2	3·40	289·17	—
Milk	·83	3969·0	130·98	158·76	198·45
Haddock	·33	1360·8	114·31	2·72	—
Dripping	·12	113·4	—	110·79	—
Beef	1·87	1986·77	369·54	395·37	—
Mince	·25	226·8	40·60	70·53	—
	4·65	8296·97	694·53	1055·24	198·45
VEGETABLE.—Bread	3·0	10886·40	1001·55	141·52	5780·68
Meal	·25	793·8	127·80	57·15	535·81
Flour	·25	793·8	90·49	7·94	596·14
Semolina	·12	226·8	26·99	1·36	171·91
Potatoes	·21	3175·2	57·15	3·17	466·75
Peas	·06	113·4	27·90	1·13	70·31
Onions	·06	226·8	3·17	·68	20·18
Haricot beans	·12	226·8	51·03	4·08	135·17
Carrots, &c.	·17	1192·97	10·74	2·38	88·28
Sugar	·54	1415·23	—	—	1415·23
Jain	·23	508·03	3·05	·51	429·28
	5·01	19559·23	1399·87	219·92	9709·74
Total	9·66	27856·20	2094·39	1275·16	9908·18

No. XLIX.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·5	300·	35·7	27·9	—
Butter	·79	367·42	3·67	312·31	—
Milk	1·21	5670·0	187·11	226·8	283·50
Haddock	·66	1360·8	114·31	2·72	—
Bacon	·83	480·82	109·15	125·97	—
Beef	1·58	1247·4	232·02	248·23	—
Mutton	·5	739·37	175·25	136·78	—
Mince	·66	480·82	86·07	149·53	—
Sausages	1·0	934·42	159·78	218·65	66·34
	7·73	11581·05	1103·06	1448·89	349·84
VEGETABLE.—Bread	2·25	8477·78	779·95	110·21	4501·70
Scones, &c.	2·58	5307·12	562·55	408·65	1703·58
Meal	·31	1079·57	173·81	77·3	728·71
Barley	·02	54·43	4·63	·6	42·35
Potatoes	·5	6636·17	119·45	6·64	975·52
Peas	·02	27·22	6·70	·27	16·88
Onions	·06	340·2	4·76	1·02	30·28
Carrots, &c.	·17	1787·18	16·08	3·57	132·25
Sugar	1·06	2608·2	—	—	2608·2
	6·97	26317·87	1667·93	608·69	10739·47
Total	14·70	37898·92	2306·53	2057·56	11089·31

No. L.

ANIMAL.—Eggs	·62	250·	29·75	23·25	—
Butter	4·27	1759·97	17·60	1495·97	—
Cheese	1·66	907·2	251·29	333·85	37·19
Milk	2·12	9639·0	318·09	385·56	481·95
Condensed milk	·25	453·6	52·16	1·81	198·22
Cod	1·5	2721·6	454·51	8·16	—
Bacon	3·41	1814·4	411·87	475·37	—
Beef	4·83	3175·2	590·59	631·86	—
Mince	·5	453·6	81·19	141·07	—
Corn beef	·25	113·4	16·22	26·99	—
	19·41	21287·97	2223·27	3523·89	717·36
VEGETABLE.—Bread	5·0	18144·0	1669·25	235·87	9634·46
Meal	·87	2948·4	474·69	212·28	1990·17
Scones, &c.	·25	199·58	21·15	15·37	64·06
Potatoes	2·0	19051·2	342·92	19·05	2800·53
Onions	·21	1360·8	19·05	4·08	121·11
Sugar	1·5	3288·6	—	—	3288·6
Jam	·35	453·6	2·72	·45	383·29
	10·18	45446·18	2529·78	487·10	18282·22
Total	29·59	66734·15	4753·05	4010·99	18999·58

No. LI.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	1·46	800·0	95·2	74·4	—
Butter	1·73	848·23	8·48	720·99	—
Cheese	·46	281·23	77·90	103·49	11·53
Milk	2·04	9072·0	299·38	362·88	453·60
Cod	1·04	1900·58	317·40	5·70	—
Bacon	·25	113·4	25·74	29·71	—
Dripping	·17	113·4	—	110·79	—
Beef	1·0	793·8	147·65	157·97	—
Potted meat	1·0	1560·38	368·25	432·22	—
	9·15	15483·02	1340·0	1998·15	465·13
VEGETABLE.—Bread	3·12	11340·0	1043·28	147·42	6021·54
Meal	·5	1587·6	255·60	114·31	1071·63
Barley	·06	145·15	12·34	1·60	112·93
Peasemeal	·06	145·15	35·71	1·45	89·99
Potatoes	·75	9525·6	171·46	9·52	1400·26
Turnips	·21	2268·0	20·41	2·27	129·28
Haricot beans	·14	226·8	51·03	4·08	135·17
Onions	·12	453·6	6·35	1·36	40·37
Sugar	1·0	1873·37	—	—	1873·37
Treacle	·10	285·77	6·86	—	198·04
Marmalade	·17	226·8	1·36	·23	191·65
	6·23	28077·84	1604·40	282·24	11264·23
Total	15·38	43560·86	2944·40	2280·39	11729·36

No. LII.

ANIMAL.—Butter	·91	625·97	6·26	532·07	—
Cheese	·33	226·8	62·82	83·46	9·30
Milk	·58	2268·0	74·84	90·72	113·40
Haddock	·75	1759·97	147·84	3·52	—
Bacon	1·66	1165·75	264·62	305·43	—
Beef	2·0	1478·74	275·04	294·27	—
Sausages	1·46	1714·61	293·20	401·22	121·74
Tripe	·70	1360·8	191·87	42·18	—
Rabbit	·41	907·2	194·14	88·0	—
Mutton	·21	226·8	53·75	41·96	—
Black pudding	·17	340·2	10·89	55·11	13·95
	9·18	12074·84	1575·27	193·94	258·39
VEGETABLE.—Bread	2·77	9584·57	881·78	124·60	5089·41
Scones, &c.	1·04	1759·97	186·56	135·52	564·95
Rice	·08	226·8	18·14	·68	179·17
Potatoes	·25	3234·17	58·21	3·23	475·42
Onions	·21	780·19	10·92	2·34	69·44
Turnips	·08	340·2	3·06	·34	19·39
Tomatoes	·12	185·98	1·67	·74	7·25
Sugar	·85	1841·62	—	—	1841·62
	5·40	17953·5	1160·34	267·45	8246·65
Total	14·58	30028·34	2735·61	2205·39	8505·04

No. LIII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Butter	1·83	621·43	6·21	528·21	—
Cheese	·62	340·2	94·23	125·19	13·95
Milk (sweet)	·87	3969·0	130·98	158·76	198·45
Milk (skim)	·29	1984·5	67·47	5·95	101·21
Haddock	1·5	2785·10	233·95	5·57	—
Bacon	·21	113·4	25·74	29·71	—
Beef	1·75	1247·4	232·02	248·23	—
Mutton	1·17	907·2	215·01	167·83	—
Sausages	1·25	1134·0	193·91	265·36	80·51
Mince	·5	680·4	121·79	211·60	—
	9·99	13782·63	1321·31	1746·41	394·12
VEGETABLE.—Bread	3·91	17123·4	1575·35	222·60	9092·52
Meal	·46	1587·6	255·60	114·31	1071·63
Barley	·08	226·8	19·28	2·49	176·45
Rice	·17	453·6	36·29	1·36	358·34
Potatoes	·64	7938·0	142·88	7·94	1166·89
Turnips	·62	3973·54	35·76	3·97	226·49
Onions	·04	140·62	1·97	·42	12·51
Peas	·17	226·8	55·79	2·27	140·62
Sugar	1·25	2721·6	—	—	2721·6
	7·34	34391·96	2122·92	355·36	14967·05
Total	17·33	48174·59	3444·23	2101·77	15361·17

No. LIV.

ANIMAL.—Eggs	1·25	600·0	71·4	55·8	—
Butter	1·5	621·43	6·21	528·21	—
Cheese	·21	113·4	31·41	41·73	4·65
Milk	1·46	6804·0	224·53	272·16	340·20
Cod	·46	480·82	32·21	1·44	—
Bacon	·91	453·6	102·97	118·84	—
Veal	·83	1251·94	194·05	98·90	—
Potted meat	·33	453·6	107·05	125·65	—
Mince	1·0	680·4	121·79	211·60	—
	7·95	11459·19	891·62	1454·33	344·85
VEGETABLE.—Bread	2·95	10577·95	973·17	137·51	5616·89
Scones, &c.	·25	367·42	38·95	28·29	117·94
Flour	·25	793·8	90·49	7·94	596·14
Meal	·25	793·8	127·80	57·15	535·81
Peasemeal	·08	226·8	55·79	2·27	140·62
Rice	·17	453·6	36·29	1·36	358·34
Potatoes	·17	1701·0	30·62	1·70	250·05
Onions	·08	312·98	4·38	·94	27·85
Carrots	·04	226·8	2·04	·45	16·78
Currants	·12	140·62	3·37	2·39	104·34
Sugar	·5	993·38	—	—	993·38
Jam	·70	907·2	5·44	·91	766·58
	5·56	17495·35	1368·34	240·91	9524·72
Total	13·51	28954·54	2259·96	1695·24	9869·57

No. LV.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Butter ...	·68	471·74	4·72	400·98	—
Milk (skim) ...	1·08	7371·0	250·61	221·13	375·92
Cod ...	·62	2326·97	388·60	6·98	—
Bacon ...	·41	226·8	51·48	59·42	—
Beef ...	·46	399·17	74·24	79·43	—
Sausage ...	1·12	1129·46	193·14	264·29	80·19
Mutton ...	2·41	2453·98	581·59	453·99	—
Mince ...	·25	226·8	40·60	70·53	—
	7·03	14605·92	1584·98	1556·75	456·11
VEGETABLE.—Bread ...	2·97	12669·05	1165·55	164·70	6727·26
Flour ...	·58	1814·4	206·84	18·14	1362·61
Meal ...	·33	852·77	137·29	61·40	575·62
Potatoes ...	·29	3315·82	59·68	3·31	487·42
Turnips ...	·21	2893·97	26·04	2·89	164·96
Sugar ...	1·48	3288·6	—	—	3288·6
	5·86	24834·61	1595·40	250·44	12606·47
Total ...	12·89	39440·53	3180·38	1807·19	13062·58

No. LVI.

ANIMAL.—Eggs ...	2·70	1900·0	226·0	176·7	—
Butter ...	5·10	2522·02	25·22	2143·72	—
Cheese ..	1·95	1120·39	310·35	412·30	45·93
Milk (sweet) ...	2·17	9639·0	318·09	385·56	481·95
Milk (skim) ...	1·33	9072·0	308·45	27·22	462·67
Bacon ...	1·95	1079·57	245·06	282·85	—
Beef ...	2·83	2440·37	453·91	485·63	—
Tongue ...	·95	852·77	120·24	57·13	—
Sausage ...	1·25	1161·22	198·57	271·72	82·45
Mince ...	·62	567·0	101·49	176·34	—
Sheep's head ...	·33	1333·58	88·02	2·67	—
Mutton ...	·37	226·8	53·75	41·96	—
Black pudding ...	·5	680·4	21·77	110·22	27·90
	22·05	32595·12	2470·92	4574·02	1100·9
VEGETABLE.—Bread ...	8·85	34587·0	3182·0	449·63	18365·69
Scones, &c. ...	1·81	3492·72	370·23	268·94	1121·16
Meal ...	·91	2354·18	379·02	169·50	1589·07
Corn flour ...	·5	512·57	36·39	6·66	401·85
Barley ...	·08	226·8	19·28	2·49	176·45
Rice ...	·02	27·22	2·18	·08	21·50
Potatoes ...	1·83	19023·98	342·43	19·02	2796·52
Turnips ...	·33	3206·95	28·86	3·21	182·80
Lentils ...	·17	426·38	109·58	4·26	252·42
Onions ...	·17	739·37	10·35	2·22	65·80
Cabbage... ..	·12	1247·4	17·46	2·49	59·87
Haricot beans ...	·12	226·8	51·03	4·08	135·17
Sugar ...	1·5	3229·63	—	—	3229·63
Jam ...	1·35	1955·02	11·73	1·95	1651·99
Syrup ...	·35	1106·78	26·56	—	767·0
	18·11	72362·80	4587·10	934·53	30816·92
Total ...	40·16	104957·92	7058·02	5508·55	31917·82

No. LVII.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	·41	300·0	35·7	27·9	—
Butter	2·33	1106·78	11·07	940·76	—
Cheese	·56	312·98	86·69	115·18	12·83
Milk	2·12	9639·0	318·09	385·56	481·95
Buttermilk	·83	5670·0	170·10	28·35	272·16
Findon haddock	·87	1646·57	265·10	6·59	—
Cod	1·0	1900·58	317·40	5·70	—
Herring	·25	879·98	98·56	34·32	—
Bacon	2·17	1587·6	360·38	415·95	—
Dripping	·12	127·01	—	124·09	—
Mince	·87	821·02	146·96	255·34	—
Mutton	1·33	1360·8	322·51	251·75	—
Sheep's heart	·21	226·8	38·33	28·58	—
Sausages	1·41	1501·42	256·74	351·33	106·60
Rabbit	·75	1161·22	248·50	112·64	—
Beef	3·29	2694·38	501·15	536·18	—
Black pudding	·21	226·8	7·26	36·74	9·30
	18·73	31162·94	3184·54	3656·96	882·84
VEGETABLE.—Bread	5·52	24140·59	222·93	313·83	12818·65
Meal	1·21	3488·18	561·60	251·15	2354·52
Scones, &c.	1·33	3547·15	376·0	273·13	1138·63
Barley	·17	453·6	38·56	4·99	352·90
Potatoes	2·46	22929·48	412·73	22·93	3370·63
Onions	·21	925·34	12·95	2·78	82·35
Turnips	·54	6168·96	55·52	6·17	351·63
Peas	·25	453·6	111·58	4·54	281·23
Lentils	·17	453·6	116·57	4·54	268·53
Sugar	2·64	5728·97	—	—	5728·97
Jam	·25	453·6	2·72	·45	383·29
	14·75	68743·07	3909·16	884·51	27131·33
Total,	33·48	99906·01	7093·70	4541·47	28014·17

No. LVIII.

ANIMAL.—Eggs	5·66	3300·0	392·7	306·9	—
Butter	3·91	1533·17	15·33	1303·19	—
Milk	4·04	18144·0	598·75	725·76	907·20
Haddock	1·0	1841·62	154·70	3·68	—
Kipperred herring	·54	707·62	167·70	24·06	—
Bacon	1·0	453·6	102·97	118·84	—
Dripping	·04	58·97	—	57·61	—
Beef	4·95	3175·2	590·59	631·86	—
Mince	1·83	1360·8	243·58	423·21	—
Mutton	·58	453·6	107·50	83·92	—
Liver	·41	453·6	91·63	14·06	11·34
	23·96	31482·18	2465·45	3693·09	918·54
VEGETABLE.—Bread	4·02	14905·30	1371·29	193·77	7914·71
Scones, &c.	2·66	6019·27	638·04	463·48	1932·18
Corn flour	·17	199·58	14·17	2·59	156·47
Meal	·66	1900·58	305·99	136·83	1282·89
Flour	·21	793·8	90·49	7·94	596·14
Rice	·12	167·83	13·43	·50	132·58
Potatoes	1·41	14029·85	252·54	14·03	2062·39
Turnips	·75	6622·56	59·60	6·62	377·48
Onions	·21	993·38	13·91	2·98	88·41
Peas	·14	226·8	55·79	2·27	140·62
Lentils	·17	453·6	116·57	4·54	268·53
Sugar	1·95	4000·75	—	—	4000·75
Syrup	1·71	2948·4	70·76	—	2043·24
Currants	·08	140·62	3·37	2·39	104·34
Raisins	·21	226·8	5·22	6·80	155·36
	14·47	53629·12	3011·17	844·74	21256·09
Total	38·43	85111·30	5476·62	4537·83	22174·68

No. LIX.

KIND OF FOOD MATERIAL.	Total Cost in Shil- lings.	WEIGHT USED.			
		Total Food Material in Grams.	Nutrients.		
			Protein in Grams.	Fat in Grams.	Carbohydrates in Grams.
ANIMAL.—Eggs	5·5	3650·0	434·35	339·45	—
Butter	3·64	1419·77	14·20	1206·80	—
Milk	1·0	4536·0	149·69	181·44	226·80
Cod	1·0	2440·37	407·54	7·32	—
Bacon	1·46	793·8	180·19	207·97	—
Dripping	·12	113·4	—	110·79	—
Beef	1·25	852·77	158·61	169·70	—
Sausages	1·12	1020·6	174·52	238·82	72·46
Mutton	1·0	793·8	188·13	146·85	—
Veal	2·0	2721·6	421·85	215·01	—
Black pudding ...	1·46	1587·6	50·80	257·19	65·09
	19·55	19929·71	2179·88	3081·34	364·35
VEGETABLE.—Bread	1·83	6804·0	625·97	88·45	3612·92
Scones, &c.	1·17	2422·22	256·75	186·51	777·53
Flour	·19	793·8	90·49	7·94	596·14
Potatoes	·58	7316·57	131·70	7·32	1075·53
Onions	·08	453·6	6·35	1·36	40·37
Sugar	·58	1247·4	—	—	1247·4
	4·43	19037·59	1111·26	291·58	7349·89
Total ...	23·98	38967·30	3290·14	3372·92	7714·24

No. LX.

ANIMAL.—Butter	3·75	1587·6	15·89	1349·46	—
Cheese	·21	113·4	31·41	41·73	4·65
Milk	2·08	9639·0	318·09	385·56	481·95
Haddock	·58	1134·0	95·26	2·27	—
Beef	2·5	1814·4	337·40	361·06	—
	9·12	14288·4	798·05	2140·08	486·60
VEGETABLE.—Bread	3·25	11793·6	1085·01	153·32	6262·40
Flour	·5	1587·6	180·99	15·88	1192·29
Meal	·5	1587·6	255·60	114·31	1071·63
Rice	·12	453·6	36·29	1·36	358·34
Corn flour	·08	58·97	4·19	·77	46·23
Potatoes	·37	3175·2	57·15	3·17	466·75
Cabbage	·12	907·2	12·70	1·81	43·54
Sugar	1·46	3175·2	—	—	3175·2
	6·40	22738·97	1631·93	290·62	12616·38
Total ...	15·52	37027·37	2429·98	2430·70	13102·98

APPENDIX III.

Weights and Percentages of Food Materials, Nutritive Ingredients, and Energy supplied per Man per Day in Dietary Studies.

No. I.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	132.92	24.1	27.8	—		2.47	P. ct. 7.7	P. ct. 19.2	P. ct. 22.7	P. ct. —	P. ct. —	P. ct. 21.4
Pork, lard. &c.	58.43	13.2	15.3	2.8		1.46	3.4	10.5	12.5	.6		12.7
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	7.43	1.1	—	—		.06	0.4	.9	—	—		.5
Eggs ...	122.72	14.6	11.4	—		2.41	7.1	11.7	9.3	—		20.9
Butter ...	42.02	.4	35.7	—		1.31	2.4	.3	29.1	—		11.4
Cheese ...	17.70	4.9	6.5	.7		.37	1.0	3.9	5.3	.2		3.2
Milk ...	250.80	8.3	10.0	12.5		.67	14.5	6.6	8.1	2.8		5.8
Buttermilk ...	103.27	3.1	0.5	4.9		.18	6.0	2.5	.4	1.1		1.6
Total animal food ...	735.29	69.7	107.2	20.9	1368.5	8.93	42.5	55.6	87.4	4.7	39.4	77.5
Cereals... ..	504.31	49.7	15.1	253.6		1.74	29.1	39.7	12.3	57.1		15.1
Sugars and starches ...	121.0	—	—	121.0		.45	7.0	—	—	27.2		3.9
Vegetables ...	369.73	5.9	0.4	48.9		.41	21.4	4.7	.3	11.0		3.5
Fruits	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	995.04	55.6	15.5	423.5	2108.3	2.6	57.5	44.4	12.6	95.3	60.6	22.5
Total food ...	1730.33	125.3	122.7	444.4	3476.8	11.53	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	15.46	—	—	—	—	.54	—	—	—	—	—	—

No. II.

Beef, veal, mutton, &c.	89.04	17.1	20.9	—		.93	5.2	12.6	23.6	—		15.1
Pork, lard, &c.	11.59	2.6	3.0	—		.30	.7	2.0	3.4	—		4.9
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	181.79	20.8	3.6	—		.26	10.6	15.3	4.1	—		4.2
Eggs ...	6.80	0.8	0.6	—		.10	.4	.6	.7	—		1.6
Butter ...	46.37	0.4	39.4	—		.54	2.7	.3	44.6	—		8.7
Cheese ...	13.60	3.4	5.0	0.5		.25	.8	2.5	5.7	.1		4.1
Milk ...	48.29	1.5	1.9	2.4		.13	2.8	1.1	2.1	.4		2.1
Condensed milk	38.64	4.4	0.1	16.8		.33	2.2	3.2	.1	2.6		5.3
Total animal food ...	436.12	51.0	74.5	19.7	982.7	2.84	25.4	37.6	84.3	3.1	24.5	46.0
Cereals...	831.08	78.3	13.5	450.5		2.46	48.4	57.7	15.3	70.4		39.9
Sugars and starches ...	131.40	—	—	130.2		.54	7.7	—	—	20.3		8.7
Vegetables ...	316.91	6.4	0.4	39.7		.33	18.5	4.7	.4	6.2		5.3
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1279.39	84.7	13.9	620.4	3020.3	3.33	74.6	62.4	15.7	96.9	75.5	53.95
Total food ...	1715.51	135.7	88.4	640.1	4003.0	6.17	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	11.59	—	—	—	—	.38	—	—	—	—	—	—

No. III.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	33.58	6.1	7.9	—		.66	P. ct. 2.4	P. ct. 7.3	P. ct. 16.0	—	P. ct. —	P. ct. 11.3
Pork, lard, &c.	—	—	—	—		—	—	—	—	—	—	—
Poultry ...	—	—	—	—		—	—	—	—	—	—	—
Fish ...	89.55	10.6	1.8	—		.49	6.4	12.8	3.7	—	—	8.4
Eggs ...	24.63	2.9	2.2	—		.39	1.7	3.5	4.5	—	—	6.6
Butter ...	26.64	0.2	22.6	—		.59	1.9	.2	45.9	—	—	10.1
Cheese ...	2.91	0.8	1.0	0.1		.04	.2	1.0	2.0	.2	—	.7
Milk ...	167.88	5.5	6.7	8.3		.44	12.0	6.6	13.6	1.6	—	7.5
Condensed milk	22.38	2.5	0.1	9.7		.19	1.6	3.0	.2	1.9	—	3.2
Total animal food ...	367.57	28.6	42.3	18.1	584.8	2.80	26.2	34.4	85.9	3.7	20.2	47.8
Cereals...	527.48	48.2	6.6	293.0		1.67	37.6	57.9	13.4	57.4		28.5
Sugars and starches ...	159.41	0.3	.06	149.2		.83	11.4	.4	.1	29.2		14.2
Vegetables ...	347.25	6.1	0.3	50.0		.56	24.8	7.3	.6	9.7		9.5
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1034.14	54.6	6.96	492.2	2306.6	3.06	73.8	65.6	14.1	96.3	79.8	52.2
Total food ...	1401.71	83.2	49.26	510.3	2891.4	5.86	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	14.10	—	—	—	—	.49	—	—	—	—	—	—

No. IV.

Beef, veal, mutton, &c.	131.67	24.3	27.0	0.4		2.26	5.8	17.6	31.0	.1		26.0
Pork, lard, &c.	39.55	6.9	9.9	—		.65	1.7	5.0	11.4	—		7.5
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	90.32	10.5	1.9	—		.35	4.0	7.6	2.2	—		4.0
Eggs ...	—	—	—	—		—	—	—	14.9	—		—
Butter ...	15.31	0.1	13.0	—		.40	.7	.1	—	—		4.6
Cheese ...	5.39	1.4	1.9	0.2		.09	.2	1.1	2.2	—		1.0
Milk ...	386.45	12.7	15.4	19.3		1.01	17.1	9.0	17.7	3.1		11.6
Total animal food ...	668.69	55.9	69.1	19.9	953.4	4.76	29.5	40.4	79.4	3.2	24.6	54.7
Cereals...	707.49	69.2	17.1	366.5		2.26	31.2	50.1	19.6	60.0		25.9
Sugars and starches ...	133.4	0.1	—	128.5		.64	5.9	.1	—	21.1		7.3
Vegetables ...	755.46	13.0	0.9	96.2		1.05	33.4	9.4	1.0	15.7		12.1
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1595.99	82.3	18.0	591.2	2928.7	3.95	70.5	59.6	20.6	96.8	75.4	45.3
Total food ...	2264.68	138.2	87.1	611.1	3882.1	8.71	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	8.34	—	—	—	—	.35	—	—	—	—	—	—

No. V.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	78.92	15.0	13.3	0.8		1.57	P. ct. 4.8	P. ct. 13.0	P. ct. 19.5	P. ct. .2	P. ct.	P. ct. 19.6
Pork, lard, &c.	—	—	—	—		—	—	—	—	—		—
Poultry ...	40.99	5.6	5.0	—		.78	2.5	4.9	7.3	—		9.8
Fish ...	103.83	8.9	0.5	—		.38	6.4	7.7	.7	—		4.8
Eggs ...	40.38	4.8	3.9	—		.53	2.5	4.2	5.7	—		6.6
Butter ...	23.16	0.2	19.6	—		.74	1.4	.2	28.8	—		9.2
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	305.84	10.0	12.2	15.3		.80	18.7	8.7	17.9	2.8		10.0
Total animal food ...	593.12	44.5	54.5	16.1	755.3	4.8	36.3	38.7	79.9	3.0	22.9	60.0
Cereals... ..	656.66	64.8	12.1	373.0		2.06	40.2	56.3	17.8	69.5		25.7
Sugars and starches ...	109.16	—	—	109.0		.48	6.7	—	—	20.3		6.0
Vegetables ...	266.58	5.4	0.4	37.1		.59	16.3	4.7	.6	6.9		7.4
Yeast ...	2.70	.3	.01	.5		.04	.2	.3	—	.1		.5
Fruits ...	3.32	.04	.04	0.8		.02	.2	—	.1	.2		.3
Oil ...	1.13	—	1.1	—		.01	.1	—	1.6	—		.1
Total vegetable food ...	1039.55	70.54	13.65	520.4	2549.7	3.20	63.7	61.3	20.1	97.0	77.1	40.0
Total food ...	1632.67	115.04	68.15	536.5	3305.0	8.0	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c.	10.94	—	—	—	—	.52	—	—	—	—	—	—

No. VI.

Beef, veal, mutton, &c.	84.86	15.5	19.1	0.7		1.33	6.3	16.0	21.2	.2		17.0
Pork, lard, &c.	—	—	—	—		—	—	—	—	—		—
Poultry ...	35.65	4.8	4.3	—		.82	2.6	5.0	4.8	—		10.5
Fish ...	76.88	14.2	0.9	—		.46	5.7	14.7	1.0	—		5.9
Eggs ...	23.80	2.8	2.2	—		.41	1.7	2.9	2.4	—		5.3
Butter ...	38.38	0.3	32.6	—		1.18	2.8	.3	36.1	—		15.1
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	213.53	7.0	8.5	10.6		.55	15.8	7.2	9.4	2.7		7.1
Buttermilk ...	71.17	2.1	0.3	3.4		.12	5.3	2.2	.3	.9		1.5
Total animal food ...	544.27	46.7	67.9	14.7	883.2	4.87	40.2	48.3	75.2	3.8	31.2	62.4
Cereals...	428.98	43.6	15.0	210.7		1.55	31.7	45.0	16.6	54.4		19.9
Sugars and starches ...	122.45	0.05	—	121.1		.55	9.1	—	—	31.3		7.0
Vegetables ...	245.58	6.4	0.4	37.6		.64	18.1	6.6	.4	9.7		8.2
Fruits ...	5.01	.09	—	3.0		.08	.4	.1	—	.8		1.0
Oil ...	7.06	—	7.0	—		.12	.5	—	7.8	—		1.5
Total vegetable food ...	809.08	50.1	22.4	372.4	1940.6	2.94	59.8	51.7	24.8	96.2	68.8	37.6
Total food ...	1353.35	96.8	90.3	387.1	2823.8	7.81	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	11.39	—	—	—	—	.53	—	—	—	—	—	—

No. VII.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	96·61	17·6	24·3	—		1·51	P. ct. 4·6	P. ct. 12·1	P. ct. 18·2	P. ct. —	P. ct. —	P. ct. 13·9
Pork, lard, &c.	—	—	—	—		—	—	—	—	—	—	—
Poultry ...	114·40	15·6	14·0	—		1·82	5·5	10·7	10·5	—	—	16·7
Fish ...	243·74	21·5	2·8	—		·94	11·6	14·8	2·1	—	—	8·6
Eggs ..	17·14	2·0	1·5	—		·34	·8	1·4	1·1	—	—	3·1
Butter ...	51·94	0·5	44·1	—		1·53	2·5	·3	33·0	—	—	14·1
Cheese ...	—	—	—	—		—	—	—	—	—	—	—
Milk ...	373·25	12·3	14·9	18·6		·97	17·8	8·5	11·1	3·3	—	8·9
Total animal food ...	897·08	69·5	101·6	18·6	1306·0	7·11	42·8	47·8	76·0	3·3	31·5	65·3
Cereals...	693·95	69·4	19·0	364·1		2·27	33·1	47·8	14·2	64·7	—	20·9
Sugars and starches ...	131·41	—	—	129·1		·65	6·3	—	—	22·9	—	6·0
Vegetables ...	361·26	6·4	0·3	51·4		·56	17·2	4·4	·2	9·1	—	5·2
Oil ...	12·98	—	12·9	—		·28	·6	—	9·6	—	—	2·6
Total vegetable food ...	1199·60	75·8	32·2	544·6	2843·1	3·76	57·2	52·2	24·0	96·7	68·5	34·7
Total food ...	2096·68	145·3	133·8	563·2	4149·1	10·87	100·0	100·0	100·0	100·0	100·0	100·0
Beverages, condiments, &c. ...	12·98	—	—	—	—	·60	—	—	—	—	—	—

No. VIII.

Beef, veal, mutton, &c.	65·97	8·7	27·7	—		1·25	4·4	10·8	35·9	—	—	18·5
Pork, lard, &c.	—	—	—	—		—	—	—	—	—	—	—
Poultry ...	—	—	—	—		—	—	—	—	—	—	—
Fish ...	114·55	10·4	0·5	—		·58	8·0	13·0	·6	—	—	8·6
Eggs ...	26·78	3·1	2·4	—		·53	1·9	3·9	3·1	—	—	7·8
Butter ...	21·79	0·2	18·5	—		·75	1·6	·2	24·0	—	—	11·1
Cheese ...	11·59	3·2	4·2	0·4		·12	·8	4·0	5·4	·1	—	1·8
Milk ...	304·28	10·0	12·1	15·2		·81	21·3	12·5	15·7	3·8	—	12·0
Total animal food ...	544·96	35·6	65·4	15·6	818·1	4·04	38·0	44·4	84·7	3·9	30·3	59·8
Cereals...	409·39	38·7	11·5	202·4		1·52	28·8	48·2	14·9	50·1	—	22·4
Sugars and starches ...	136·92	—	—	136·9		·68	9·7	—	—	33·9	—	10·0
Vegetables ...	334·73	5·9	0·3	48·7		·53	23·5	7·4	·4	12·1	—	7·8
Fruits ...	—	—	—	—		—	—	—	—	—	—	—
Total vegetable food ...	881·04	44·6	11·8	388·0	1883·4	2·73	62·0	55·6	15·3	96·1	69·7	40·2
Total food ...	1426·0	80·2	77·2	403·6	2701·5	6·77	100·0	100·0	100·0	100·0	100·0	100·0
Beverages, condiments, &c. ...	11·59	—	—	—	—	·61	—	—	—	—	—	—

No. IX.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	124·91	22·3	26·8	3·9		2·07	P. ct. 9·8	P. ct. 28·4	P. ct. 33·1	P. ct. 1·1		P. ct. 29·6
Pork, lard, &c.	50·24	9·1	12·6	—		·77	3·9	11·6	15·6	—		11·0
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	—	—	—	—		—	—	—	—	—		—
Eggs ...	27·95	3·3	2·6	—		·61	2·2	4·2	3·2	—		8·7
Butter ...	30·91	0·2	26·2	—		·97	2·5	·3	32·3	—		13·9
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	194·03	6·4	7·7	9·7		·43	15·2	8·1	9·5	2·8		6·1
Total animal food ...	428·04	41·3	75·9	13·6	930·9	4·85	33·6	52·6	93·7	3·9	37·5	69·3
Cereals... ..	301·77	29·4	4·6	172·8		·98	23·7	37·5	5·7	50·2		14·0
Sugars and starches ...	101·34	0·3	—	100·3		·66	7·9	·4	—	29·2		9·4
Vegetables ...	444·47	7·5	0·5	57·3		·51	34·8	9·5	·6	16·7		7·3
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	847·58	37·2	5·1	330·4	1554·6	2·15	66·4	47·4	6·3	96·1	62·5	30·7
Total food ...	1275·62	78·5	81·0	344·0	2485·5	7·0	100·0	100·0	100·0	100·0	100·0	100·0
Beverages,condiments, &c. ...	7·05	—	—	—	—	·30	—	—	—	—	—	—

No. X.

Beef, veal, mutton, &c.	109·58	19·8	25·0	1·8		1·38	8·2	19·1	46·5	·5		24·4
Pork, lard, &c.	5·01	—	4·8	—		·03	·4	—	8·9	—		·5
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	219·39	27·8	1·1	—		·77	16·5	26·9	2·1	—		13·6
Eggs ...	7·51	0·8	0·6	—		·11	·6	·8	1·1	—		1·9
Butter ...	14·46	0·1	12·2	—		·49	1·1	·1	22·7	—		8·7
Cheese ...	11·39	3·1	4·1	0·4		·24	·9	3·0	7·6	·1		4·3
Milk (condensed)	5·69	0·6	—	2·4		·05	·4	·6	—	·7		·9
Total animal food ...	373·03	52·2	47·8	4·6	677·4	3·07	28·1	50·5	88·9	1·3	27·8	54·3
Cereals... ..	441·40	43·3	5·4	250·8		1·53	33·2	41·9	10·0	68·0		27·0
Sugars and starches ...	58·43	—	—	58·4		·38	4·4	—	—	15·8		6·7
Vegetables ...	446·52	7·8	0·6	54·6		·46	33·6	7·5	1·1	14·8		8·1
Fruits ...	8·54	0·1	—	0·3		·22	·7	·1	—	·1		3·9
Total vegetable food ...	954·89	51·2	6·0	364·1	1758·5	2·59	71·9	49·5	11·1	98·7	72·2	45·7
Total food ...	1327·92	103·4	53·8	368·7	2435·9	5·66	100·0	100·0	100·0	100·0	100·0	100·0
Beverages, condiments, &c. ...	4·89	—	—	—	—	·17	—	—	—	—	—	—

No. XI.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	164.52	29.9	36.8	5.7		1.98	P. ct. 11.6	P. ct. 24.0	P. ct. 44.8	P. ct. 1.1	P. ct.	P. ct. 24.9
Pork, lard, &c.	5.14	1.1	1.3	—		.09	.4	.9	1.6	—		1.2
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	157.73	15.6	8.1	27.7		1.03	11.1	12.5	9.9	5.2		12.9
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	15.42	0.1	13.1	—		.31	1.1	.1	15.9	—		4.0
Cheese ...	5.14	1.4	1.8	0.2		.09	.4	1.1	2.2	—		1.1
Milk ...	154.20	5.0	6.1	7.6		.40	10.8	4.0	7.4	1.4		5.0
Total animal food ...	502.15	53.1	67.2	41.2	1011.6	3.90	35.4	42.6	81.8	7.7	29.1	49.1
Cereals...	696.96	69.7	14.8	375.8		2.86	49.1	55.9	18.1	70.1		35.9
Sugars and starches ...	106.32	—	—	104.1		.83	7.5	—	—	19.4		10.4
Vegetables ...	113.11	1.8	0.1	14.2		.17	7.9	1.4	.1	2.6		2.1
Fruits ...	2.05	0.1	—	0.8		.20	.1	.1	—	.2		2.5
Total vegetable food ...	918.44	71.6	14.9	494.9	2461.2	4.06	64.6	57.4	18.2	92.3	70.9	50.9
Total food ...	1420.59	124.7	82.1	536.1	3472.8	7.96	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condiments, &c. ...	10.07	—	—	—	—	.39	—	—	—	—	—	—

No. XII.

Beef, veal, mutton, &c.	166.23	31.8	33.1	0.7		1.95	9.0	23.7	36.7	.1		25.8
Pork, lard, &c.	10.37	2.3	2.7	—		.18	.6	1.7	3.0	—		2.4
Black pudding	10.37	0.3	1.6	0.4		.09	.6	.2	1.8	.1		1.2
Fish ...	41.50	6.9	0.1	—		.18	2.3	5.1	0.1	—		2.4
Eggs ...	41.09	4.8	3.8	—		.70	2.2	3.6	4.2	—		9.3
Butter ...	18.26	0.1	15.5	—		.27	1.0	.1	17.2	—		3.6
Cheese ...	15.56	4.2	5.7	0.6		.29	.8	3.1	6.3	.1		3.9
Milk ...	259.36	8.5	10.3	12.9		.68	14.1	6.3	11.5	2.6		9.0
Buttermilk ...	77.80	2.3	0.3	3.7		.13	4.2	1.7	.3	.7		1.7
Total animal food ...	640.54	61.2	73.1	18.3	1005.8	4.47	34.8	45.5	81.1	3.6	29.5	59.3
Cereals...	622.60	63.0	16.3	330.5		2.12	33.9	46.9	18.1	67.2		28.1
Sugars and starches ...	83.01	—	—	83.0		.49	4.5	—	—	16.9		6.5
Vegetables ...	492.89	10.2	0.7	60.3		.46	26.8	7.6	.8	12.3		6.1
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1198.5	73.2	17.0	473.8	2400.8	3.07	65.2	54.5	18.9	96.4	70.5	40.7
Total food ..	1839.04	134.4	90.1	492.1	3406.6	7.54	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	10.37	—	—	—	—	.36	—	—	—	—	—	—

No. XIII.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	111.76	20.5	24.7	1.3	1.3	7.5	17.8	30.2	3	18.6		
Pork, lard, &c.	56.58	10.7	17.7	—	1.06	3.8	9.3	21.6	—	15.2		
Poultry ...	—	—	—	—	—	—	—	—	—	—		
Fish ...	23.18	2.8	—	—	.14	1.5	2.4	—	—	2.0		
Eggs ...	45.91	5.4	4.2	—	.68	3.1	4.7	5.2	—	9.8		
Butter ...	16.69	0.1	14.1	—	.50	1.1	.1	17.2	—	7.2		
Cheese ...	10.89	3.0	4.0	0.4	.20	.7	2.6	4.9	.1	2.9		
Milk ...	115.91	3.8	4.6	5.7	.30	7.8	3.3	5.6	1.2	4.3		
Condensed milk	9.39	1.0	—	4.1	.08	.6	.9	—	.9	1.1		
Total animal food ...	390.31	47.3	69.3	11.5	885.6	4.26	26.1	41.1	84.7	2.5	27.8	61.1
Cereals ...	603.71	59.2	11.9	327.3	—	1.74	40.4	51.5	14.5	68.9	—	24.9
Sugars and starches ...	77.56	—	—	75.7	.38	5.2	—	—	15.9	—	—	5.4
Vegetables ...	410.32	8.3	0.5	52.3	.48	27.5	7.2	.6	11.0	—	—	6.9
Fruits ...	11.59	0.2	0.2	8.2	.12	.8	.2	.2	1.7	—	—	1.7
Total vegetable food ...	1103.18	67.7	12.6	463.5	2295.1	2.72	73.9	58.9	15.3	97.5	72.2	38.9
Total food ...	1493.49	115.0	81.9	475.0	3180.7	6.98	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	8.69	—	—	—	—	.30	—	—	—	—	—	—

No. XIV.

Beef, veal, mutton, &c.	68.54	13.0	12.0	0.6		.49	5.8	14.1	21.3	.1		11.4
Pork, lard, &c.	10.0	1.8	4.0	—		.24	.9	2.0	7.1	—		5.6
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	9.36	2.2	0.3	—		.07	.8	2.4	.5	—		1.7
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	27.99	0.2	23.7	—		.41	2.4	.2	42.2	—		9.6
Cheese ...	2.66	0.7	0.9	0.1		.04	.2	.8	1.6	—		.9
Milk ...	106.41	3.5	4.2	5.3		.28	9.1	3.9	7.5	1.2		6.5
Total animal food ...	224.96	21.4	45.1	6.0	531.8	1.53	19.2	23.4	80.2	1.3	19.8	35.7
Cereals...	632.68	60.7	10.6	340.3		2.09	53.8	66.5	18.9	77.8		48.7
Sugars and starches ...	49.81	0.1	—	47.1		.27	4.2	.1	—	10.8		6.3
Vegetables ...	267.59	9.1	0.5	44.1		.40	22.8	10.0	.9	10.1		9.3
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	950.08	69.9	11.1	431.5	2159.0	2.76	80.8	76.6	19.8	98.7	80.2	64.3
Total food ...	1175.04	91.3	56.2	437.5	2690.8	4.29	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	6.59	—	—	—	—	.23	—	—	—	—	—	—

No. XV.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	84.24	16.7	17.1	1.5		.92	P. ct. 6.1	P. ct. 17.1	P. ct. 21.5	P. ct. .3		P. ct. 13.7
Pork, lard, &c.	14.47	3.2	3.7	—		.38	1.0	3.3	4.6	—		5.6
Black pudding	7.23	0.2	1.1	0.2		.06	.5	.2	1.4	—		.9
Fish	43.56	7.8	0.1	—		.25	3.2	8.0	.1	—		3.7
Eggs	27.07	3.2	2.5	—		.49	2.0	3.3	3.1	—		7.3
Butter	45.16	0.4	38.3	—		1.41	3.3	.4	48.0	—		20.9
Cheese	—	—	—	—		—	—	—	—	—		—
Milk	162.80	5.3	6.5	8.1		.44	11.8	5.4	8.2	1.9		6.5
Buttermilk ...	36.17	1.1	0.1	1.7		.04	2.6	1.1	.1	.4		.6
Total animal food ...	420.70	37.9	69.4	11.5	848.0	3.99	30.5	38.8	87.0	2.6	28.9	59.2
Cereals	445.23	44.7	9.5	248.2		1.57	32.2	45.7	11.9	56.8		23.4
Sugars and starches ...	120.28	0.8	0.1	118.1		.63	8.7	.8	.1	27.0		9.4
Vegetables ...	394.57	14.4	0.8	59.6		.54	28.6	14.7	1.0	13.6		8.0
Fruits	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	960.08	59.9	10.4	425.9	2088.5	2.74	69.5	61.2	13.0	97.4	71.1	40.8
Total food ...	1380.78	97.8	79.8	437.4	2936.5	6.73	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	16.35	—	—	—	—	.71	—	—	—	—	—	—

No. XVI.

Beef, veal, mutton, &c.	203.04	39.4	43.7	2.0		2.44	11.6	31.7	37.0	.4		23.9
Pork, lard, &c.	55.33	11.1	14.2	—		1.39	3.2	8.9	12.0	—		13.6
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	—	—	—	—		—	—	—	—	—		—
Eggs ...	40.58	4.8	3.7	—		.81	2.3	3.9	3.1	—		7.9
Butter ...	43.38	0.4	36.8	—		1.52	2.5	.3	31.1	—		14.9
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	202.85	6.6	8.1	10.1		.45	11.6	5.3	6.9	2.0		4.4
Total animal food ...	545.18	62.3	106.5	12.1	1295.5	6.61	31.2	50.1	91.1	2.4	35.2	64.7
Cereals ...	500.83	50.7	10.9	277.0		1.86	28.6	40.8	9.2	54.8		18.2
Sugars and starches ...	160.55	0.3	—	152.5		1.13	9.2	.3	—	30.1		11.0
Vegetables ...	541.71	10.9	0.8	64.3		.62	31.0	8.8	.7	12.7		6.1
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1203.09	61.9	11.7	493.8	2387.2	3.61	68.8	49.9	9.9	97.6	64.8	35.3
Total food ...	1748.27	124.2	118.2	505.9	3682.7	10.22	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	12.10	—	—	—	—	.47	—	—	—	—	—	—

No. XVII.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	111.78	20.7	19.6	1 0		1.22	P. ct. 8.4	P. ct. 20.1	P. ct. 30.9	P. ct. .2		P. ct. 22.5
Pork, lard, &c.	4.17	—	4.0	—		.05	.3	—	6.3	—		.9
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	83.54	10.8	0.2	—		.49	6.3	10.5	.3	—		9.0
Eggs ...	5.51	0.6	0.5	—		.09	.4	.6	.8	—		1.7
Butter ...	25.06	0.2	21.3	—		.51	1.9	.2	33.5	—		9.4
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	125.29	4.1	5.0	6.2		.29	9.5	3.9	7.9	1.3		5.4
Total animal food ...	355.35	36.4	50.6	7.2	649.3	2.65	26.8	35.3	79.7	1.5	22.2	48.9
Cereals... ..	638.13	63.1	12.6	350.9		1.94	48.1	61.3	19.8	75.0		35.8
Sugars and starches ...	83.54	—	—	83.5		.50	6.3	—	—	17.9		9.2
Vegetables ...	248.63	3.5	0.3	26.3		.33	18.8	3.4	.5	5.6		6.1
Fruits ...	—	—	—	—		—	73.2	—	—	—		—
Total vegetable food ...	970.30	66.6	12.9	460.7	2281.9	2.77	73.2	64.7	20.3	98.5	77.8	51.1
Total food ...	1325.65	103.0	63.5	467.9	2931.2	5.42	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	6.18	—	—	—	—	.20	—	—	—	—	—	—

No. XVIII.

Beef, veal, mutton, &c.	138.69	24.6	32.9	5.7		1.88	9.1	22.9	46.5	1.1		27.8
Pork, lard, &c.	12.44	2.0	5.7	—		.19	.8	1.9	8.1	—		2.8
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	16.95	2.8	—	—		.11	1.2	2.6	—	—		1.6
Eggs ...	51.58	6.1	4.7	—		1.05	3.4	5.7	6.6	—		15.6
Butter ...	9.19	—	7.8	—		.24	.6	—	11.0	—		3.6
Cheese ...	7.93	2.1	2.9	0.3		.11	.5	2.0	4.1	—		1.6
Milk ...	180.31	5.9	7.2	9.0		.31	11.8	5.5	10.2	1.7		4.6
Buttermilk ...	67.61	2.0	0.3	3.2		.10	4.4	1.9	.4	.6		1.5
Total animal food ...	484.70	45.5	61.5	18.2	833.1	3.99	31.8	42.5	86.9	3.4	25.6	59.1
Cereals...	582.91	55.7	8.4	330.7		1.55	38.3	52.0	11.9	63.1		23.0
Sugar and starches ...	126.79	0.2	—	120.1		.70	8.3	.2	—	22.9		10.4
Vegetables ...	311.47	5.4	0.4	43.0		.34	20.4	5.0	.6	8.2		5.1
Fruits ...	18.03	0.4	0.4	12.7		.16	1.2	.3	.6	2.4		2.4
Total vegetable food ...	1039.20	61.7	9.2	506.5	2415.2	2.75	68.2	57.5	13.1	96.6	74.4	40.9
Total food ...	1523.9	107.2	70.7	524.7	3248.3	6.74	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	12.62	—	—	—	—	.43	—	—	—	—	—	—

No. XIX.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Ma- terial.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, veal, mutton, &c.	131.39	26.5	20.1	1.5		1.38	P. ct. 6.3	P. ct. 20.1	P. ct. 35.6	P. ct. .2	P. ct.	P. ct. 22.3
Pork, lard, &c.	—	—	—	—		—	—	—	—	—		—
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	—	—	—	—		—	—	—	—	—		—
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	17.08	0.1	14.5	—		.22	.8	.1	25.7	—		3.5
Milk (skim) ...	85.41	2.9	0.2	4.3		.22	4.1	2.2	.3	.6		3.5
Milk (condensed)	25.62	2.9	0.1	11.2		.22	1.2	2.2	.2	1.7		3.5
Buttermilk ...	128.12	3.8	0.6	6.1		.22	6.1	2.9	1.1	.9		3.5
Total animal food ...	387.62	36.2	35.5	23.1	573.3	2.26	18.5	27.5	62.9	3.4	15.0	36.3
Cereals... ..	714.89	78.5	19.9	408.2		2.23	34.1	59.6	35.2	60.8		36.1
Sugars and starches ...	122.85	0.2	—	117.5		.78	5.8	.1	—	17.5		12.6
Vegetables ...	873.80	16.8	1.1	123.1		.93	41.6	12.8	1.9	18.3		15.0
Fruits	—	—	—	—		—	—	—	—	—		—
Total vegetable food	1711.54	95.5	21.0	648.8	3246.9	3.94	81.5	72.5	37.1	96.6	85.0	63.7
Total food ...	2099.16	131.7	56.5	671.9	3820.2	6.20	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condi- ments, &c. ...	11.78	—	—	—	—	.39	—	—	—	—	—	—

No. XX.

Beef, veal, mutton, &c.	181.81	36.3	36.9	3.2		2.58	8.4	19.5	26.6	.4		19.2
Pork, lard, &c.	34.93	5.0	19.8	—		.81	1.6	2.7	14.3	—		6.0
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	160.46	30.9	3.5	—		.84	7.5	16.6	2.5	—		6.2
Eggs ...	44.21	5.2	4.1	—		1.03	2.0	2.8	3.0	—		7.6
Butter ...	46.37	0.4	39.4	—		.88	2.1	.2	28.4	—		6.5
Cheese ...	21.33	5.9	7.8	0.8		.53	1.0	3.2	5.6	.1		3.9
Milk ...	154.55	5.1	6.1	7.7		.33	7.1	2.7	4.5	.9		2.5
Condensed milk	34.62	3.9	0.1	15.1		.33	1.6	2.1	.1	1.9		2.5
Total animal food ...	678.28	92.7	117.7	26.8	1584.5	7.33	31.3	49.8	85.0	3.3	29.4	54.4
Cereals...	883.64	88.2	16.4	483.6		3.55	40.8	47.5	11.8	59.4		26.4
Sugars and starches ...	278.26	0.3	—	268.6		1.69	12.8	.2	—	33.0		12.6
Vegetables ...	292.17	4.4	0.3	34.2		.43	13.5	2.4	.2	4.2		3.2
Fruits ...	30.91	0.2	0.1	1.2		.40	1.4	.1	.1	.1		3.0
Oil ...	4.01	—	4.0	—		.06	.2	—	2.9	—		.4
Total vegetable food ...	1488.99	93.1	20.8	787.6	3804.3	6.13	68.7	50.2	15.0	96.7	70.6	45.6
Total food ...	2167.27	185.8	138.5	814.4	5388.8	13.46	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condiments, &c. ...	31.22	—	—	—	—	1.15	—	—	—	—	—	—

No. XXI.

Kind of Food Material.	Weights.				Energy Value in Calories.	Cost in Pence.	Percentages of Total Food.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, veal, mutton, &c.	88.73	16.2	18.8	2.5		1.08	P. ct. 6.7	P. ct. 17.8	P. ct. 33.3	P. ct. .7	P. ct.	P. ct. 17.4
Pork, lard, &c.	21.04	4.0	7.6	—		.18	1.6	4.4	13.4	—		2.9
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	31.62	5.6	0.6	—		.21	2.3	6.2	1.1	—		3.4
Eggs ...	22.48	2.6	2.0	—		.39	1.7	2.9	3.5	—		6.2
Butter ...	2.79	—	2.3	—		.87	.2	—	4.1	—		14.0
Cheese ...	23.32	6.4	8.5	0.9		.42	1.8	7.0	15.0	.3		6.8
Milk ...	210.37	6.9	8.4	10.5		.55	15.9	7.6	14.9	3.0		8.8
Total animal food ...	400.35	41.7	48.2	13.9	676.2	3.70	30.2	45.9	85.3	4.0	29.1	59.5
Cereals ...	433.69	40.9	7.7	230.2		1.50	32.8	45.0	13.6	65.9		24.2
Sugars and starches ...	58.55	0.1	—	54.8		.52	4.4	.1	—	15.7		8.4
Vegetables ...	432.37	8.2	0.6	50.1		.49	32.6	9.0	1.1	14.4		7.9
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	924.61	49.2	8.3	335.1	1652.8	2.51	69.8	54.1	14.7	96.0	70.9	40.5
Total food ...	1324.96	90.9	56.5	349.0	2329.0	6.21	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condi- ments, &c: ...	12.38	—	—	—	—	.48	—	—	—	—	—	—

No. XXII.

Beef, veal, mutton, &c.	206.65	36.8	35.1	—		3.13	9.6	20.9	28.5	—		25.5
Pork, lard, &c.	—	—	—	—		—	—	—	—	—		—
Poultry ...	71.97	9.8	8.8	—		.12	3.3	5.6	7.1	—		1.0
Fish ...	273.81	26.2	1.9	—		2.07	12.7	14.9	1.5	—		16.9
Eggs ...	48.97	5.8	4.5	—		1.08	2.3	3.2	3.7	—		8.8
Butter ...	30.05	.3	25.5	—		1.01	1.4	.2	20.7	—		8.2
Cheese ...	18.55	5.1	6.8	0.7		.32	.9	2.9	5.6	.1		2.6
Milk ...	324.57	10.7	12.9	16.2		.85	15.1	6.1	10.5	3.2		6.9
Total animal food ...	974.57	94.7	95.5	16.9	1338.7	8.58	45.3	53.8	77.6	3.3	33.9	69.9
Cereals ...	774.50	76.0	20.5	400.2		2.64	36.0	43.2	16.7	78.6		21.5
Sugars and starches ...	52.31	—	—	52.3		.32	2.4	—	—	10.3		2.7
Vegetables ...	334.10	5.3	0.3	39.7		.40	15.6	3.0	.2	7.8		3.3
Fruits ...	9.27	—	—	0.3		.12	.4	—	—	—		1.0
Oil ...	6.86	—	6.8	—		.20	.3	—	5.5	—		1.6
Total vegetable food ...	1177.04	81.3	27.6	492.5	2609.3	3.68	54.7	46.2	22.4	96.7	66.1	30.1
Total food ...	2151.61	176.0	123.1	509.4	3948.0	12.26	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	14.46	—	—	—	—	.57	—	—	—	—	—	—

No. XXIII.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	110.29	21.3	21.7	—		1.45	P. ct. 5.6	P. ct. 17.2	P. ct. 25.4	P. ct. —	P. ct. —	P. ct. 20.9
Pork, lard, &c.	—	—	—	—		—	—	—	—	—	—	—
Poultry ...	—	—	—	—		—	—	—	—	—	—	—
Fish ...	—	—	—	—		—	—	—	—	—	—	—
Eggs ...	—	—	—	—		—	—	—	—	—	—	—
Butter ...	27.57	0.2	23.4	—		.48	1.4	.2	27.3	—	—	6.9
Cheese ...	60.38	16.7	22.2	2.4		1.21	3.1	13.5	25.9	.4	—	17.4
Milk ...	155.10	5.1	6.2	7.7		.42	7.9	4.1	7.2	1.3	—	6.1
Total animal food ...	353.34	43.3	73.5	10.1	902.5	3.56	18.0	35.0	85.8	1.7	24.1	51.3
Cereals ...	627.31	61.0	11.0	340.0		1.77	32.0	49.3	12.9	57.2	—	25.5
Sugars and starches ...	124.08	0.2	—	117.6		.75	6.4	.2	—	19.8	—	10.8
Vegetables ...	853.29	19.2	1.1	126.8		.86	43.6	15.5	1.3	21.3	—	12.4
Fruits ...	—	—	—	—		—	—	—	—	—	—	—
Total vegetable food ...	1604.68	80.4	12.1	584.4	2838.2	3.38	82.0	65.0	14.2	98.3	75.9	48.7
Total food ...	1958.02	123.7	85.6	594.5	3740.7	6.94	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condiments, &c. ...	10.34	—	—	—	—	.37	—	—	—	—	—	—

No. XXIV.

Beef, veal, mutton, &c.	48.49	8.8	12.3	—		.40	3.9	13.8	25.2	—	—	10.2
Pork, lard, &c.	—	—	—	—		—	—	—	—	—	—	—
Poultry ...	—	—	—	—		—	—	—	—	—	—	—
Fish ...	—	—	—	—		—	—	—	—	—	—	—
Eggs ...	—	—	—	—		—	—	—	—	—	—	—
Butter ...	25.08	0.2	21.3	—		.36	2.0	.3	43.7	—	—	9.1
Cheese ...	—	—	—	—		—	—	—	—	—	—	—
Milk ...	190.48	6.2	7.6	9.5		.48	15.3	9.7	15.6	2.3	—	12.2
Total animal food ...	264.05	15.2	41.2	9.5	484.4	1.24	21.2	23.8	84.5	2.3	20.1	31.5
Cereals ...	435.65	41.9	7.2	237.0		1.40	35.1	65.4	14.7	57.3	—	35.5
Sugars and starches ...	125.54	0.3	—	116.4		.90	10.1	.5	—	28.1	—	22.8
Vegetables ...	416.67	6.6	0.4	50.9		.40	33.6	10.3	.8	12.3	—	10.2
Fruits ...	—	—	—	—		—	—	—	—	—	—	—
Total vegetable food ...	977.86	48.8	7.6	404.3	1928.4	2.70	78.8	76.2	15.5	97.7	79.9	68.5
Total food ...	1241.91	64.0	48.8	413.8	2412.8	3.94	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	7.48	—	—	—	—	.25	—	—	—	—	—	—

No. XXV.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	166.98	33.4	36.1	4.7		1.81	P. ct. 15.2	P. ct. 40.3	P. ct. 48.1	P. ct. 1.5		P. ct. 36.7
Pork, lard, &c.	19.77	4.4	5.1	—		.45	1.8	5.3	6.9	—		9.1
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	—	—	—	—		—	—	—	—	—		—
Eggs ...	5.49	0.6	0.5	—		.09	.5	.7	.7	—		1.8
Butter ...	24.42	0.2	20.7	—		.29	2.2	.3	27.6	—		5.9
Cheese ...	4.15	1.1	1.5	0.1		.08	.4	1.3	2.0	—		1.6
Milk ...	124.61	4.1	4.9	6.2		.32	11.3	5.0	6.5	1.9		6.5
Condensed milk	15.61	1.7	—	6.8		.20	1.4	2.1	—	2.1		4.1
Total animal food ...	361.03	45.5	68.8	17.8	899.4	3.24	32.8	55.0	91.8	5.5	38.3	65.7
Cereals... ..	325.16	31.9	5.9	176.8		.97	29.4	38.7	7.8	55.1		19.7
Sugars and starches ...	85.23	—	—	85.2		.42	7.7	—	—	26.6		8.5
Vegetables ...	333.63	5.2	0.3	40.9		.30	30.1	6.3	.4	12.8		6.1
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	744.02	37.1	6.2	302.9	1451.6	1.69	67.2	45.0	8.2	94.5	61.7	34.3
Total food ...	1105.05	82.6	75.0	320.7	2351.0	4.93	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	27.41	—	—	—	—	.38	—	—	—	—	—	—

No. XXVI.

Beef, veal, mutton, &c.	171.20	33.8	32.3	0.6		2.25	10.2	30.2	38.5	.1		31.3
Pork, lard, &c.	9.65	1.0	5.9	—		.12	.6	.9	7.0	—		1.7
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	33.77	5.6	0.1	—		.31	2.0	5.0	.1	—		4.3
Eggs ...	4.25	0.5	0.3	—		.08	.3	.4	.3	—		1.1
Butter ...	36.86	0.3	31.3	—		.85	2.2	.3	37.3	—		12.0
Cheese ...	4.82	1.3	1.7	0.1		.10	.3	1.2	2.0	—		1.4
Milk (sweet and skim) ...	229.11	7.6	4.2	11.5		.49	13.7	6.8	5.0	2.5		6.8
Buttermilk ...	11.96	0.3	—	0.5		.02	.7	.3	—	.2		.2
Total animal food ...	501.62	50.4	75.8	12.7	963.6	4.22	30.0	45.1	90.2	2.8	30.6	58.8
Cereals...	492.59	47.3	7.4	271.7		1.65	29.5	42.2	8.8	58.5		22.9
Sugars and starches ...	89.36	—	—	89.3		.45	5.4	—	—	19.2		6.2
Vegetables ...	585.43	14.3	0.8	90.6		.87	35.1	12.7	1.0	19.5		12.1
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1167.38	61.6	8.2	451.6	2180.4	2.97	70.0	54.9	9.8	97.2	69.4	41.2
Total food ...	1669.0	112.0	84.0	464.3	3144.0	7.19	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	12.16	—	—	—	—	.44	—	—	—	—	—	—

No. XXVII.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	200.49	40.2	36.3	3.4		2.38	P. et.	P. ct.	P. ct.	P. ct.	P. ct.	P. et.
Pork, lard, &c.	9.52	2.1	2.4	—		.20	9.7	31.2	29.8	.6		29.0
Soup ...	95.29	1.0	—	7.4		.12	.5	1.6	2.0	—		2.4
Fish ...	28.58	2.4	—	—		.25	4.6	.8	—	1.4		1.5
Eggs ...	6.30	0.7	0.5	—		.12	1.4	1.9	—	—		3.0
Butter ...	64.22	0.6	54.5	—		.87	.3	.5	.4	—		1.5
Cheese ...	4.76	1.3	1.7	0.1		.10	3.1	.5	44.6	—		10.6
Milk ..	214.41	7.0	8.5	10.7		.54	.2	1.0	1.4	—		1.2
Condensed milk	4.76	0.5	—	2.0		.08	10.3	5.4	6.9	2.0		6.6
Buttermilk ...	11.91	0.3	—	0.5		.02	.2	.4	—	.4		1.0
							.6	.2	—	.1		.2
Total animal food ...	640.24	56.1	103.9	24.1	1295.1	4.68	30.9	43.5	85.1	4.5	33.6	57.0
Cereals...	592.53	59.4	17.3	305.2		1.92	28.5	46.0	14.1	57.1		23.4
Sugars and starches ...	117.97	—	—	117.9		.60	5.7	—	—	22.0		7.3
Vegetables ...	703.08	13.4	1.0	85.9		.93	33.9	10.4	.8	16.1		11.3
Fruits ...	21.53	0.1	—	1.8		.08	1.0	.1	—	.3		1.0
Total vegetable food ...	1435.11	72.9	18.3	510.8	2563.3	3.53	69.1	56.5	14.9	95.5	66.4	43.0
Total food ...	2075.35	129.0	122.2	534.9	3858.4	8.21	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condiments, &c. ...	41.9	—	—	—	—	.71	—	—	—	—	—	—

No. XXVIII.

Beef, veal, mutton, &c.	92.12	17.3	19.1	2.0		.80	6.2	17.9	28.2	.5		17.4
Pork, lard, &c.	37.30	8.4	9.7	—		.30	2.5	8.7	14.3	—		6.6
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	18.56	3.5	—	—		.11	1.3	3.6	—	—		2.4
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	25.57	0.2	21.7	—		.38	1.7	.2	32.0	—		8.3
Cheese ...	8.75	2.4	3.2	0.3		.18	.6	2.5	4.7	.1		3.9
Milk (sweet and skim)...	262.70	8.8	4.8	13.2		.51	17.7	9.1	7.1	3.1		11.1
Buttermilk ...	10.85	0.3	—	0.5		.01	.7	.4	—	.1		.2
Total animal food ...	455.85	40.9	58.5	16.0	777.3	2.29	30.7	42.4	86.3	3.8	28.2	49.9
Cereals...	497.73	48.7	8.9	282.4		1.5	33.7	50.5	13.1	66.7		32.7
Sugars and starches ...	71.80	—	—	71.8		.36	4.9	—	—	17.0		7.8
Vegetables ...	453.95	6.8	0.4	53.0		.44	30.7	7.1	.6	12.5		9.6
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1023.48	55.5	9.3	407.2	1983.6	2.30	69.3	57.6	13.7	96.2	71.8	50.1
Total food ...	1479.33	96.4	67.8	423.2	2760.9	4.59	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	8.75	—	—	—	—	.30	—	—	—	—	—	—

No. XXIX.

Kind of Food Material.	Weights.				Energy Value in Calories.	Cost in Pence.	Percentages of Total Food.					
	Food Material in Grams.	Nutrients.					Food Ma- terial.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, veal, mutton, &c.	184.46	33.8	41.9	4.5		1.61	P. ct. 10.0	P. ct. 23.9	P. ct. 47.0	P. ct. .8	P. ct.	P. ct. 24.3
Pork, lard, &c.	7.20	1.6	1.8	—		.12	.4	1.1	2.0	—		1.8
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	75.60	6.3	0.1	—		.30	4.1	4.5	.1	—		4.5
Eggs ..	15.87	1.8	1.4	—		.24	.9	1.3	1.6	—		3.6
Butter ...	25.20	0.2	21.4	—		.44	1.4	.1	24.0	—		6.6
Cheese ...	11.66	3.2	4.2	0.4		.21	.6	2.3	4.7	.1		3.2
Milk (skim) ...	252.0	8.5	0.7	12.8		.46	13.6	6.0	.8	2.2		6.9
Total animal food ...	571.99	55.4	71.5	17.7	964.7	3.38	31.0	39.2	80.2	3.1	25.3	50.9
Cereals...	710.49	71.6	16.7	388.6		2.12	38.5	50.6	18.8	66.1		32.0
Sugars and starches ...	112.60	—	—	112.6		.57	6.1	—	—	19.1		8.6
Vegetables ...	451.0	14.5	0.9	69.3		.56	24.4	10.2	1.0	11.7		8.5
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1274.09	86.1	17.6	570.5	2855.7	3.25	69.0	60.8	19.8	96.9	74.7	49.1
Total food ...	1846.08	141.5	89.1	588.2	3820.4	6.63	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condi- ments, &c. ...	12.81	—	—	—	—	.44	—	—	—	—	—	—

No. XXX.

Beef, veal, mutton, &c.	121.25	22.8	25.0	1.5		1.0	8.3	21.0	35.0	.3		19.4
Pork, lard, &c.	16.57	1.9	10.1	—		.21	1.1	1.8	14.1	—		4.1
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	—	—	—	—		—	—	—	—	—		—
Eggs ...	10.81	1.2	1.0	—		.21	.8	1.1	1.4	—		4.1
Butter ...	16.46	0.1	14.0	—		.22	1.1	.1	19.6	—		4.3
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk (sweet and skim) ...	218.05	7.3	1.6	11.0		.39	14.9	6.7	2.3	2.2		7.6
Total animal food ...	383.14	33.3	51.7	12.5	668.6	2.03	26.2	30.7	72.4	2.5	21.3	39.5
Cereals...	677.67	67.7	19.2	349.8		2.17	46.2	62.4	26.9	70.7		42.0
Sugars and starches ...	91.26	0.2	—	87.9		.44	6.2	.2	—	17.8		8.5
Vegetables ...	303.01	7.1	0.4	38.3		.39	20.7	6.5	.6	7.8		7.5
Fruits ...	10.90	0.2	0.1	6.0		.13	.7	.2	.1	1.2		2.5
Total vegetable food ...	1082.84	75.2	19.7	482.0	2467.7	3.13	73.8	69.3	27.6	97.5	78.7	60.5
Total food ...	1465.98	108.5	71.4	494.5	3136.3	5.16	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	21.1	—	—	—	—	.36	—	—	—	—	—	—

No. XXXI.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	146.35	26.6	31.2	2.3		1.28	P. ct. 8.5	P. ct. 20.7	P. ct. 39.4	P. ct. .5		P. ct. 20.3
Pork, lard, &c.	38.80	8.1	10.0	—		.64	2.2	6.3	12.6	—		10.2
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	93.20	13.1	0.2	—		.52	5.4	10.2	.3	—		8.3
Eggs ...	25.39	3.0	2.3	—		.40	1.5	2.4	2.9	—		6.3
Butter ...	17.71	0.1	15.1	—		.25	1.0	.1	19.1	—		4.0
Cheese ...	1.06	0.2	0.3	—		.03	.1	.2	.4	—		.5
Milk ...	177.18	5.8	7.0	8.8		.42	10.3	4.5	8.9	1.9		6.7
Total animal food ...	499.69	56.9	66.1	11.1	893.5	3.54	29.0	44.4	83.6	2.4	28.7	56.3
Cereals...	582.59	57.1	12.2	316.1		1.88	33.8	44.5	15.4	69.9		29.9
Sugars and starches ...	45.36	—	—	44.6		.24	2.6	—	—	9.9		3.8
Vegetables ...	575.15	14.3	0.8	78.2		.60	33.3	11.1	1.0	17.3		9.5
Fruits ...	22.14	—	—	2.3		.03	1.3	—	—	.5		.5
Total vegetable food ...	1225.24	71.4	13.0	441.2	2222.6	2.75	71.0	55.6	16.4	97.6	71.3	43.7
Total food ...	1724.93	128.3	79.1	452.3	3116.1	6.29	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	7.26	—	—	—	—	.29	—	—	—	—	—	—

No. XXXII.

Beef, veal, mutton, &c.	88.76	17.4	15.3	1.3		1.23	7.4	17.4	27.2	.3		23.3
Pork, lard, &c.	13.31	2.0	6.6	—		.25	1.1	2.0	11.8	—		4.7
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	17.75	2.9	—	—		.09	1.5	2.9	—	—		1.7
Eggs ...	8.80	1.0	0.8	—		.17	.7	1.0	1.4	—		3.2
Butter ...	19.17	0.1	16.2	—		.50	1.6	.1	28.8	—		9.5
Cheese ...	17.75	4.9	6.5	0.7		.35	1.5	5.0	11.6	.1		6.7
Milk (condensed)	13.31	1.5	—	5.8		.04	1.1	1.5	—	1.2		.8
Total animal food ...	178.85	29.8	45.4	7.8	576.4	2.63	14.9	29.9	80.8	1.6	19.5	49.9
Cereals...	694.60	64.2	10.4	364.1		1.82	58.1	64.3	18.5	74.0		34.5
Sugars and starches ...	88.23	0.1	—	84.5		.49	7.4	.1	—	17.2		9.3
Vegetables ...	233.54	5.7	0.4	35.6		.33	19.6	5.7	.7	7.2		6.3
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1016.37	70.0	10.8	484.2	2372.6	2.64	85.1	70.1	19.2	98.4	80.5	50.1
Total food ..	1195.22	99.8	56.2	492.0	2949.0	5.27	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	8.47	—	—	—	—	.33	—	—	—	—	—	—

No. XXXIII.

Kind of Food Material.	Weights.				Energy Value in Calories.	Cost in Pence.	Percentages of Total Food.					
	Food Material in Grams.	Nutrients.					Food Ma- terial.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, veal, mutton, &c.	75.93	14.7	16.7	—	1.15	4.5	15.1	24.2	—	P. ct.	P. ct.	
Pork, lard, &c.	5.06	1.1	1.3	—	.09	.3	1.1	1.9	—		17.2	
Poultry ...	—	—	—	—	—	—	—	—	—		1.4	
Fish ...	101.25	8.5	0.2	—	.55	5.9	8.7	.3	—		8.3	
Eggs ...	—	—	—	—	—	—	—	—	—		—	
Butter ...	34.42	0.3	29.2	—	1.07	2.0	.3	42.2	—		16.0	
Cheese ...	20.25	5.6	7.4	0.8	.34	1.2	5.7	10.7	.1		5.1	
Milk ...	151.87	5.0	6.0	7.5	.40	8.9	5.1	8.7	1.5		6.0	
Total animal food ...	388.78	35.2	60.8	8.3	743.8	3.60	22.8	36.0	88.0	1.6	23.7	54.0
Cereals ...	533.99	49.2	7.6	283.6	1.67	31.3	50.3	11.0	55.6			25.0
Sugars and starches ...	123.93	—	—	123.9	.63	7.3	—	—	24.3			9.4
Vegetables ...	656.90	13.4	0.7	94.4	.77	38.6	13.7	1.0	18.5			11.6
Fruits ...	—	—	—	—	—	—	—	—	—			—
Total vegetable food ...	1314.82	62.6	8.3	501.9	2391.6	3.07	77.2	64.0	12.0	98.4	76.3	46.0
Total food ...	1703.6	97.8	69.1	510.2	3135.4	6.67	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condi- ments, &c. ...	19.33	—	—	—	—	.77	—	—	—	—	—	—

No. XXXIV.

Beef, veal, mutton, &c.	158.23	27.9	38.6	5.6	2.20	2.20	8.3	22.1	41.3	.9	—	26.5
Pork, lard, &c.	46.15	6.2	21.2	—	.83	.83	2.4	4.9	22.7	—	—	10.0
Poultry ...	—	—	—	—	—	—	—	—	—	—	—	—
Fish ...	39.55	6.6	0.1	—	.28	.28	2.1	5.3	.1	—	—	3.4
Eggs ...	5.81	0.6	0.5	—	.11	.11	.3	.5	.5	—	—	1.3
Butter ...	16.35	0.1	13.8	—	.43	.43	.85	.1	14.8	—	—	5.2
Cheese ...	—	—	—	—	—	—	—	—	—	—	—	—
Milk ...	230.75	7.6	9.2	11.5	.63	.63	12.1	6.0	9.8	1.9	—	7.6
Total animal food ...	496.84	49.0	83.4	17.1	1046.6	4.48	26.0	38.9	89.2	2.8	27.4	54.0
Cereals ...	651.12	60.8	9.2	347.6	2.05	2.05	34.2	48.2	9.8	58.5	—	24.7
Sugars and starches ...	145.04	0.3	—	136.8	.91	.91	7.6	.2	—	23.1	—	11.0
Vegetables ...	613.41	16.0	0.9	92.7	.86	.86	32.2	12.7	1.0	15.6	—	10.3
Fruits ...	—	—	—	—	—	—	—	—	—	—	—	—
Total vegetable food ...	1409.57	77.1	10.1	577.1	2776.1	3.82	74.0	61.1	10.8	97.2	72.6	46.0
Total food ...	1906.41	126.1	93.5	594.2	3822.7	8.30	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	13.18	—	—	—	—	.46	—	—	—	—	—	—

No. XXXV.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	93.72	18.1	18.7	0.6		1.54	P. ct. 6.0	P. ct. 16.9	P. ct. 20.2	P. ct. .1		P. ct. 18.9
Pork, lard, &c.	7.90	1.7	2.0	—		.20	.5	1.6	2.2	—		2.5
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	37.61	3.1	—	—		.40	2.4	2.9	—	—		4.9
Eggs ...	27.87	3.3	2.5	—		.64	1.8	3.1	2.7	—		7.9
Butter ...	44.41	0.4	37.7	—		1.34	2.9	.4	40.6	—		16.5
Cheese ...	7.90	2.1	2.9	0.3		.16	.5	1.9	3.1	.1		2.0
Milk ...	276.58	9.1	11.0	13.8		.76	17.8	8.5	11.9	2.9		9.4
Buttermilk ...	9.87	0.2	—	0.4		.01	.6	.2	—	.1		.1
Total animal food ...	505.86	38.0	74.8	15.1	913.3	5.05	32.5	35.5	80.7	3.2	28.2	62.2
Cereals...	575.93	59.6	17.3	305.6		1.98	37.2	55.5	18.6	64.6		24.4
Sugars and starches ...	102.57	—	—	102.5		.52	6.6	—	—	21.7		6.4
Vegetables ...	368.56	9.6	0.7	49.8		.57	23.7	9.0	.7	10.5		7.0
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1047.06	69.2	18.0	457.9	2328.5	3.07	67.5	64.5	19.3	96.8	71.8	37.8
Total food ...	1552.92	107.2	92.8	473.0	3241.8	8.12	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condiments, &c. ...	8.85	—	—	—	—	.31	—	—	—	—	—	—

No. XXXVI.

Beef, veal, mutton, &c.	169.14	31.0	36.8	3.9		1.92	8.8	23.0	30.5	.7		25.8
Pork, lard, &c.	—	—	—	—		—	—	—	—	—		—
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	78.92	13.1	0.2	—		.43	4.1	9.7	.2	—		5.8
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	58.15	0.5	49.4	—		.76	3.0	.4	41.0	—		10.2
Cheese ...	12.46	3.4	4.5	0.5		.24	.6	2.5	3.7	.1		3.2
Milk ...	249.23	8.2	9.9	12.4		.65	13.0	6.1	8.2	2.1		8.7
Buttermilk ...	20.76	0.6	0.1	0.9		.03	1.1	.4	.1	.1		.4
Total animal food ...	588.66	56.8	100.9	17.7	1243.8	4.03	30.6	42.1	83.7	3.0	30.4	54.1
Cereals...	705.98	70.3	19.2	366.4		2.27	36.7	52.2	15.9	62.1		30.5
Sugars and starches ...	144.38	—	—	144.3		.65	7.5	—	—	24.5		8.7
Vegetables ...	485.16	7.7	0.5	61.2		.50	25.2	5.7	.4	10.4		6.7
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1335.52	78.0	19.7	571.9	2847.8	3.42	69.4	57.9	16.3	97.0	69.6	45.9
Total food ..	1924.18	134.8	120.6	589.6	4091.6	7.45	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condiments, &c. ...	20.27	—	—	—	—	.59	—	—	—	—	—	—

No. XXXVII.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	68·53	13·7	15·1	0·8		1·04	P. ct. 6·0	P. ct. 17·6	P. ct. 18·4	P. ct. 3	P. ct.	P. ct. 17·5
Pork, lard, &c.	46·85	8·4	19·0	—		·82	4·1	10·8	23·1	—		13·8
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	74·76	12·0	0·2	—		·60	6·6	15·4	·3	—		10·1
Eggs ...	16·48	1·9	1·5	—		·27	1·4	2·5	1·8	—		4·6
Butter ...	37·38	0·3	31·7	—		·87	3·3	·4	38·6	—		14·7
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	124·61	4·0	4·9	6·2		·38	10·9	5·1	6·0	2·4		6·4
Black pudding	12·46	0·4	2·0	0·5		·11	1·1	·5	2·4	·2		1·9
Total animal food ...	381·07	40·7	74·4	7·5	889·5	4·09	33·4	52·3	90·6	2·9	41·7	69·0
Cereals... ..	289·60	27·7	7·2	146·9		1·02	25·4	35·7	8·8	57·3		17·2
Sugars and starches ...	45·1	—	—	45·1		·38	3·9	—	—	17·6		6·4
Vegetables ...	425·43	9·3	·5	57·0		·44	37·3	12·0	·6	22·2		7·4
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	760·13	37·0	7·7	249·0	1244·2	1·84	66·6	47·7	9·4	97·1	58·3	31·0
Total food ...	1141·20	77·7	82·1	256·5	2133·7	5·93	100·0	100·0	100·0	100·0	100·0	100·0
Beverages, condiments, &c. ...	10·9	—	—	—	—	·4	—	—	—	—	—	—

No. XXXVIII.

Beef, veal, mutton, &c.	121·5	23·4	18·9	2·8		1·38	8·4	22·9	22·9	·7		18·4
Pork, lard, &c.	49·06	5·8	29·4	—		·87	3·4	5·7	34·6	—		11·6
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	52·07	7·1	0·1	—		·41	3·6	6·9	·2	—		5·5
Eggs ...	12·75	1·5	1·1	—		·25	·9	1·5	1·3	—		3·3
Butter ...	14·34	0·1	12·1	—		·48	1·0	·1	14·2	—		6·4
Cheese ...	11·57	3·2	4·2	0·4		·21	·8	3·1	5·0	·1		2·8
Milk ...	231·42	7·6	9·2	11·5		·66	16·0	7·5	10·8	2·9		8·8
Total animal food ...	492·71	48·7	75·0	14·7	957·4	4·26	34·1	47·7	88·3	3·7	33·6	56·8
Cereals ...	387·64	39·4	9·2	219·4		1·39	26·8	38·6	10·8	54·7		18·5
Sugars and starches ...	92·57	0·1	—	88·9		·52	6·4	·1	—	22·1		6·9
Vegetables ...	461·46	13·7	0·8	71·0		1·13	31·9	13·4	·9	17·7		15·1
Fruits ...	11·57	0·2	—	7·1		·20	·8	·2	—	1·8		2·7
Total vegetable food ...	953·24	53·4	10·0	386·4	1896·2	3·24	65·9	52·3	11·7	96·3	66·4	43·2
Total food ...	1445·95	102·1	85·0	401·1	2853·6	7·50	100·0	100·0	100·0	100·0	100·0	100·0
Beverages, condiments, &c. ...	75·21	—	—	—	—	1·18	—	—	—	—	—	—

No. XXXIX.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	46.06	8.4	11.2	—		.48	P. ct. 2.8	P. ct. 7.6	P. ct. 14.4	P. ct. —	P. ct. —	7.9
Pork, lard, &c.	49.11	10.9	13.3	—		.84	2.9	9.7	17.1	—	—	13.8
Poultry ...	—	—	—	—		—	—	—	—	—	—	—
Fish ...	12.42	1.0	—	—		.08	.7	.9	—	—	—	1.3
Eggs ...	15.50	1.8	1.4	—		.28	.9	1.6	1.8	—	—	4.6
Butter ...	33.63	0.3	28.5	—		.74	2.0	.3	36.6	—	—	12.3
Cheese ...	2.93	0.8	1.0	0.1		.05	.2	.7	1.3	—	—	.8
Milk (sweet and skim) ...	249.07	8.3	5.0	12.5		.51	14.9	7.5	6.4	2.3	—	8.4
Condensed milk	7.38	0.8	—	3.2		.07	.4	.7	—	.6	—	1.2
Total animal food ...	416.10	32.3	60.4	15.8	758.9	3.05	24.8	29.0	77.6	2.9	22.1	50.3
Cereals... ..	743.10	72.4	17.1	384.6		2.03	44.3	65.1	21.9	70.3	—	33.4
Sugars and starches ...	94.47	—	—	94.4		.51	5.6	—	—	17.3	—	8.4
Vegetables ...	424.18	6.5	0.4	52.1		.48	25.3	5.9	.5	9.5	—	7.9
Fruits	—	—	—	—		—	—	—	—	—	—	—
Total vegetable food ...	1261.75	78.9	17.5	531.1	2663.7	3.02	75.2	71.0	22.4	97.1	77.9	49.7
Total food ...	1677.85	111.2	77.9	546.9	3422.6	6.07	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	10.19	—	—	—	—	.47	—	—	—	—	—	—

No. XL.

Beef, veal, mutton, &c.	161.52	30.1	36.6	6.7		1.75	10.7	27.3	43.8	1.4		25.2
Pork, lard, &c.	23.70	3.0	8.7	—		.39	1.5	2.7	10.4	—		5.6
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	25.76	2.1	—	—		.24	1.6	1.9	—	—		3.4
Eggs ...	5.22	0.6	0.4	—		.10	.3	.5	—	—		1.4
Butter ...	10.43	0.1	8.8	—		.30	.6	.1	10.5	—		4.3
Cheese ...	3.95	1.0	1.4	0.1		.07	.2	1.0	1.7	—		1.0
Milk, ...	335.85	11.0	13.4	16.7		.88	21.3	10.0	16.0	3.4		12.8
Buttermilk, ...	9.87	0.2	—	0.4		.01	.6	.2	—	.1		.1
Total animal food ...	579.09	48.1	69.3	23.9	939.7	3.74	36.8	43.7	82.9	4.9	29.2	53.8
Cereals ...	576.24	57.3	14.0	302.1		2.01	36.6	51.9	16.7	62.4		29.0
Sugars and starches ...	125.49	0.2	—	119.3		.80	8.0	.2	—	24.6		11.5
Vegetables ...	283.53	4.7	0.3	37.8		.32	18.0	4.2	.4	7.8		4.7
Fruits ...	8.85	—	—	1.2		.07	.6	—	—	.3		1.0
Total vegetable food ...	994.11	62.2	14.3	460.4	2275.6	3.20	63.2	56.3	17.1	95.1	70.8	46.2
Total food ...	1573.20	110.3	83.6	484.3	3215.3	6.94	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	24.18	—	—	—	—	.65	—	—	—	—	—	—

No. XLI.

Kind of Food Material.	Weights.				Energy Value in Calories.	Cost in Pence.	Percentages of Total Food.					
	Food Material in Grams.	Nutrients.					Food Ma- terial.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, veal, mutton, &c.	135.97	26.3	23.9	3.3		.94	P. ct. 9.7	P. ct. 23.3	P. ct. 29.9	P. ct. .9	P. ct.	P. ct. 17.6
Pork, lard, &c.	106.42	15.0	25.9	—		.80	7.6	13.3	32.4	—		15.0
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	54.91	9.1	0.1	—		.36	3.9	8.1	.1	—		6.7
Eggs ...	13.31	1.5	1.2	—		.24	.9	1.3	1.5	—		4.5
Butter ...	23.39	0.2	19.8	—		.43	1.7	.2	24.8	—		8.0
Cheese ...	5.49	1.5	2.0	0.2		.09	.4	1.3	2.6	.1		1.7
Milk ...	6.86	0.2	0.2	0.3		.02	.5	.2	.2	.1		.4
Buttermilk ...	27.45	0.8	0.1	1.3		.04	1.9	.8	.1	.3		.7
Condensed milk	13.72	1.5	—	5.9		.08	1.0	1.3	—	1.6		.5
Total animal food ...	387.52	56.1	73.2	11.0	955.9	3.0	27.6	49.8	91.6	3.0	35.1	56.1
Cereals ...	437.12	42.0	5.9	247.3		1.43	31.2	37.2	7.4	66.8		26.7
Sugars and starches ...	34.26	—	—	34.2		.18	2.4	—	—	9.2		3.4
Vegetables ...	543.88	14.7	0.8	77.6		.74	38.8	13.0	1.0	21.0		13.8
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1015.26	56.7	6.7	359.1	1767.1	2.35	72.4	50.2	8.4	97.0	64.9	43.9
Total food ...	1402.78	112.8	79.9	370.1	2723.0	5.35	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condi- ments, &c. ...	9.88	—	—	—	—	.22	—	—	—	—	—	—

No. XLII.

Beef, veal, mutton, &c.	167.48	32.6	31.4	1.8		.66	11.8	33.0	35.6	.5		11.1
Pork, lard, &c.	—	—	—	—		—	—	—	—	—		—
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	27.68	4.6	—	—		.86	2.0	4.6	—	—		14.5
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	37.68	0.3	32.0	—		.25	2.7	.3	36.3	—		4.2
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	319.84	10.5	12.7	15.9		2.04	22.6	10.6	14.4	4.2		34.4
Total animal food ...	552.68	48.0	76.1	17.7	977.1	3.81	39.1	48.5	86.3	4.7	35.3	64.2
Cereals ...	440.34	44.4	11.6	231.8		1.35	31.1	44.9	13.2	61.4		22.8
Sugars and starches ...	84.20	—	—	84.2		.41	6.0	—	—	22.3		6.9
Vegetables ...	337.29	6.5	0.4	43.7		.36	23.8	6.6	.5	11.6		6.1
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	861.83	50.9	12.0	359.7	1795.1	2.12	60.9	51.5	13.7	95.3	64.7	35.8
Total food ...	1414.51	98.9	88.1	377.4	2772.2	5.93	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	13.49	—	—	—	—	.46	—	—	—	—	—	—

No. XLIII.

Kind of Food Material.	Weights.				Energy Value in Calories.	Cost in Pence.	Percentages of Total Food.					
	Food Material in Grams.	Nutrients.					Food Ma- terial.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, veal, mutton, &c.	125.09	24.6	23.4	1.0		1.47	P. ct. 7.9	P. ct. 20.5	P. ct. 29.4	P. ct. .2	P. ct.	P. ct. 19.5
Pork, lard, &c.	52.82	11.9	13.8	—		.82	3.4	9.9	17.3	—		10.9
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	58.32	7.3	0.1	—		.42	3.7	6.1	.1	—		5.6
Eggs ...	7.76	0.9	0.7	—		.17	.5	.7	.9	—		2.3
Butter ...	19.44	0.1	16.5	—		.64	1.2	.1	20.7	—		8.5
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk (sweet and skim) ...	422.60	14.1	10.3	21.3		.96	26.9	11.7	12.9	5.0		12.7
Total animal food ...	686.03	58.9	64.8	22.3	935.5	4.48	43.6	49.0	81.3	5.2	30.3	59.5
Cereals... ..	476.41	48.5	14.2	246.9		1.77	30.3	40.3	17.8	57.6		23.5
Sugars and starches ...	112.69	0.1	—	108.6		.69	7.2	.1	—	25.4		9.1
Vegetables ...	297.93	12.7	0.7	50.4		.60	18.9	10.6	.9	11.8		7.9
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	887.03	61.3	14.9	405.9	2154.1	3.06	56.4	51.0	18.7	94.8	69.7	40.5
Total food ...	1573.06	120.2	79.7	428.2	3089.6	7.54	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condi- ments, &c. ...	27.46	—	—	—	—	.56	—	—	—	—	—	—

No. XLIV.

Beef, veal, mutton, &c.	94.50	19.6	18.8	1.3		1.29	5.4	13.3	17.4	—		14.0
Pork, lard, &c.	48.60	8.7	12.2	—		.79	2.8	5.9	11.3	—		8.5
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	21.60	5.1	0.7	—		.10	1.2	3.5	.6	—		1.1
Eggs ...	36.90	4.3	3.4	—		.84	2.1	2.9	3.2	—		9.1
Butter ...	48.60	0.4	41.3	—		1.4	2.8	.3	38.4	—		15.1
Cheese ...	2.70	0.7	0.9	0.1		.04	.2	.5	.8	—		.4
Milk ...	202.50	6.6	8.1	10.1		.42	11.7	4.5	7.5	1.5		4.5
Buttermilk ...	81.0	2.4	0.4	3.8		.07	4.6	1.6	.4	.5		.8
Total animal food ...	536.40	47.8	85.8	15.3	1056.6	4.95	30.8	32.5	79.6	2.0	24.8	53.5
Cereals... ..	899.1	90.7	21.6	488.9		3.27	51.5	61.6	20.0	76.0		35.4
Sugars and starches ...	108.0	0.1	—	104.6		.62	6.2	.1	—	14.2		6.7
Vegetables ...	201.20	8.5	0.4	37.5		.41	11.5	5.8	.4	5.8		4.4
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1208.30	99.3	22.0	631.0	3198.8	4.30	69.2	67.5	20.4	98.0	75.2	46.5
Total food ...	1744.70	147.1	107.8	642.9	4255.4	9.25	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	8.1	—	—	—	—	.42	—	—	—	—	—	—

No. XLV.

Kind of Food Material.	Weights.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Ma- terial.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, veal, mutton, &c.	83.18	18.0	16.8	—	—	1.30	P. ct. 5.8	P. ct. 20.3	P. ct. 22.2	P. ct. —	P. ct. —	P. ct. 16.5
Pork, lard, &c.	—	—	—	—	—	—	—	—	—	—	—	—
Poultry ...	—	—	—	—	—	—	—	—	—	—	—	—
Fish ...	61.29	5.1	0.1	—	—	.69	4.3	5.8	.1	—	—	8.8
Eggs ...	23.16	2.0	2.0	—	—	.61	1.6	2.3	2.6	—	—	7.7
Butter ...	45.88	0.4	39.0	—	—	1.62	3.2	.5	51.2	—	—	20.6
Cheese ...	6.65	1.8	2.4	0.2	—	.14	.5	2.0	3.2	—	—	1.8
Milk ...	153.24	5.0	6.1	7.6	—	.44	10.7	5.6	8.0	1.7	—	5.6
Buttermilk ...	43.78	1.3	0.2	2.1	—	.05	3.0	1.5	.2	.5	—	.6
Total animal food ...	417.18	33.6	66.6	9.9	797.7	4.85	29.1	38.0	87.5	2.2	27.2	61.6
Cereals... ..	431.35	47.7	8.9	286.4	—	1.53	30.0	53.9	11.7	63.0	—	19.4
Sugars and starches ...	105.08	0.1	—	102.3	—	.65	7.3	.1	—	22.5	—	8.2
Vegetables ...	420.32	6.9	0.5	50.0	—	.59	29.3	7.8	.7	11.0	—	7.5
Fruits ...	61.29	0.2	0.1	6.0	—	.26	4.3	.2	.1	1.3	—	3.3
Total vegetable food ...	1018.04	54.9	9.5	444.7	2136.7	3.03	70.9	62.0	12.5	97.8	72.8	38.4
Total food ...	1435.22	88.5	76.1	454.6	2934.4	7.88	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condi- ments, &c: ...	9.8	—	—	.1	—	.44	—	—	—	—	—	—

No. XLVI.

Beef, veal, mutton, &c.	100.90	19.1	19.9	—		1.32	5.5	19.8	23.7	—		19.3
Pork, lard, &c.	26.44	3.0	16.3	—		.37	1.4	3.1	19.5	—		5.4
Black pudding	13.22	0.4	2.1	0.5		.11	.7	.4	2.5	.1		1.6
Fish ...	52.89	6.6	0.1	—		.37	2.9	6.8	.1	—		5.4
Eggs ...	43.73	5.2	4.0	—		.90	2.4	5.4	4.8	—		13.2
Butter ...	23.14	0.2	19.6	—		.52	1.3	.2	23.3	—		7.6
Cheese ...	14.01	3.8	5.1	0.5		.24	.8	3.9	6.1	.1		3.5
Milk ...	165.30	5.4	6.6	8.2		.35	9.0	5.6	7.8	2.0		5.1
Condensed milk	9.91	1.1	—	4.3		.06	.5	1.1	—	1.1		.9
Total animal food ...	449.54	44.8	73.7	13.5	924.4	4.24	24.5	46.3	87.8	3.3	32.8	62.0
Cereals ...	452.93	44.15	9.6	246.7		1.64	24.7	45.7	11.4	61.6		24.0
Sugars and starches ...	494.95	0.1	—	92.2		.54	26.9	.1	—	23.0		7.9
Vegetables ...	439.71	7.6	0.7	48.3		.42	23.9	7.9	.8	12.1		6.1
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1387.59	51.85	10.3	387.2	1897.3	2.60	75.5	53.7	12.2	96.7	67.2	38.0
Total food ...	1837.13	96.65	84.0	400.7	2821.7	6.84	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	51.04	—	—	—	—	.29	—	—	—	—	—	—

No. XLVII.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	86.95	16.0	19.5	2.0		1.25	6.1	18.2	25.3	.4		17.6
Pork, lard, &c.	11.78	2.6	3.0	—		.28	.8	3.0	3.9	—		3.9
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	23.56	1.9	—	—		.16	1.7	2.2	—	—		2.2
Eggs ...	6.49	0.7	0.6	—		.15	.5	.7	.8	—		2.1
Butter ...	40.17	0.4	34.1	—		1.36	2.8	.5	44.2	—		19.1
Cheese ...	5.89	1.6	2.1	0.2		.12	.4	1.8	2.7	—		1.7
Milk ...	206.18	6.8	8.2	10.3		.57	14.5	7.7	10.6	2.2		8.0
Buttermilk ...	44.18	1.3	0.2	2.1		.07	3.1	1.5	.2	.5		1.0
Total animal food ...	425.20	31.3	67.7	14.6	817.8	3.96	29.9	35.6	87.7	3.1	27.6	55.6
Cereals ...	444.76	49.3	9.1	259.4		1.66	31.2	56.1	11.8	55.6		23.3
Sugars and starches ...	139.85	0.1	—	136.1		.82	9.8	.1	—	29.1		11.5
Vegetables ...	414.60	7.2	0.4	57.2		.68	29.1	8.2	.5	12.2		9.6
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	999.21	56.6	9.5	452.7	2140.4	3.16	70.1	64.4	12.3	96.9	72.4	44.4
Total food ...	1424.41	87.9	77.2	467.3	2955.3	7.12	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	11.78	—	—	—	—	.51	—	—	—	—	—	—

No. XLVIII.

Beef, veal, mutton, &c.	77.12	14.2	16.2	—		.88	7.9	19.6	37.6	—		22.1
Pork, lard, &c.	3.95	—	3.8	—		.04	.5	—	8.8	—		1.0
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	47.41	3.9	—	—		.13	4.9	5.4	—	—		3.3
Eggs ...	10.45	1.2	—	—		.20	1.1	1.6	—	—		5.0
Butter ...	11.85	0.1	10.6	—		.31	1.2	.1	23.2	—		7.8
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	138.29	4.5	5.5	6.9		.34	14.2	6.2	12.8	2.0		8.6
Total animal food ...	289.07	23.9	35.5	6.9	456.4	1.90	29.8	32.9	82.4	2.0	21.6	47.8
Cereals...	442.53	43.4	7.2	246.8		1.51	45.6	59.8	16.7	71.5		37.9
Sugars and starches ...	67.01	0.1	—	64.2		.32	6.9	.1	—	18.6		8.0
Vegetables ...	171.95	5.2	0.4	27.2		.25	17.7	7.2	.9	7.9		6.3
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	681.49	48.7	7.6	338.2	1657.0	2.08	70.2	67.1	17.6	98.0	78.4	52.2
Total food ...	970.56	72.6	43.1	345.1	2113.4	3.98	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	3.95	—	—	—	—	.13	—	—	—	—	—	—

No. XLIX.

Kind of Food Material.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Ma- terial.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, veal, mutton, &c.	149.86	28.7	33.1	2.9		1.97	P. ct. 9.0	P. ct. 23.6	P. ct. 36.6	P. ct. .6	P. ct. 25.5	
Pork, lard, &c.	21.18	4.8	5.5	—		.43	1.3	3.9	6.1	—	5.6	
Poultry ...	—	—	—	—		—	—	—	—	—	—	
Fish ...	59.94	5.0	0.1	—		.34	3.6	4.1	.1	—	4.4	
Eggs ...	13.21	1.5	1.2	—		.26	.8	1.2	1.3	—	3.4	
Butter ...	16.18	0.1	13.7	—		.41	1.0	.1	15.2	—	5.3	
Cheese ...	—	—	—	—		—	—	—	—	—	—	
Milk ...	249.77	8.2	10.0	12.4		.63	14.8	6.7	11.1	2.5	8.2	
Total animal food ...	510.14	48.3	63.6	15.3	852.2	4.04	30.5	39.6	70.4	3.1	25.5	52.4
Cereals... ..	657.22	67.0	26.3	307.3		2.72	39.4	55.1	29.1	63.0		35.3
Sugars and starches ...	114.89	—	—	114.8		.56	6.9	—	—	23.5		7.3
Vegetables ...	387.25	6.4	0.5	50.8		.39	23.2	5.3	.5	10.4		5.0
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1159.36	73.4	26.8	472.9	2489.1	3.67	69.5	60.4	29.6	96.9	74.5	47.6
Total food ...	1669.50	121.7	90.4	488.3	3341.3	7.71	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condi- ments, &c. ...	28.17	—	—	—	—	.54	—	—	—	—	—	—

No. L.

Beef, veal, mutton, &c.	96.69	17.7	20.6	—		1.73	5.6	14.5	20.0	—		19.0
Pork, lard, &c.	46.88	10.6	12.2	—		1.05	2.7	8.7	11.8	—		11.5
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	70.32	11.7	0.2	—		.46	4.1	9.6	.2	—		5.0
Eggs ...	6.46	0.7	0.6	—		.19	.4	.6	.6	—		2.2
Butter ...	45.47	0.4	38.6	—		1.32	2.6	.3	37.4	—		14.5
Cheese ...	23.44	6.4	8.6	0.9		.51	1.3	5.2	8.3	.2		5.6
Milk ...	249.07	8.2	9.9	12.4		.65	14.4	6.7	9.7	2.5		7.1
Condensed milk	11.72	1.3	—	5.1		.07	.7	1.1	—	1.0		.8
Total animal food ...	550.05	57.0	90.7	18.4	1152.6	5.98	31.8	46.7	88.0	3.7	33.2	65.7
Cereals...	550.18	55.9	11.9	302.0		1.89	32.0	45.7	11.5	61.6		20.7
Sugars and starches ...	96.69	—	—	94.8		.57	5.6	—	—	19.3		6.2
Vegetables ...	527.44	9.3	0.5	75.4		.68	30.6	7.6	.5	15.4		7.4
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1174.31	65.2	12.4	472.2	2318.7	3.14	68.2	53.3	12.0	96.3	66.8	34.3
Total food ...	1724.36	122.2	103.1	490.6	3471.3	9.12	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	22.6	—	—	—	—	.76	—	—	—	—	—	—

No. LI.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	88.50	19.3	22.1	—		.90	P. ct. 5.4	P. ct. 17.5	P. ct. 25.9	P. ct. —	P. ct. —	13.1
Pork, lard, &c.	8.52	0.9	5.2	—		.18	.5	.8	6.1	—	—	2.6
Poultry ...	—	—	—	—		—	—	—	—	—	—	—
Fish ...	71.45	11.9	0.2	—		.46	4.4	10.8	.2	—	—	6.7
Eggs ...	30.07	3.5	2.8	—		.65	1.8	3.2	3.4	—	—	9.4
Butter ...	31.88	0.3	27.1	—		.78	2.0	.3	31.7	—	—	11.3
Cheese ...	10.57	2.9	3.8	0.4		.20	.7	2.6	4.4	.1	—	2.9
Milk ...	341.05	11.2	13.6	17.0		.92	20.8	10.2	15.9	3.9	—	13.3
Total animal food ...	582.04	50.0	74.8	17.4	972.0	4.09	35.6	45.4	87.6	4.0	31.8	50.3
Cereals... ..	496.91	50.6	10.0	274.2		1.68	30.3	45.9	11.7	62.2	—	24.4
Sugars and starches ...	89.69	0.3	—	85.0		.57	5.5	.3	—	19.3	—	8.3
Vegetables ...	468.94	9.3	0.6	64.1		.55	28.6	8.4	.7	14.5	—	8.0
Fruits	—	—	—	—		—	—	—	—	—	—	—
Total vegetable food ...	1055.54	60.2	10.6	423.3	2080.9	2.80	64.4	54.6	12.4	96.0	68.2	40.7
Total food ...	1637.58	110.2	85.4	440.7	3052.9	6.89	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condiments, &c. ...	10.0	—	—	—	—	.49	—	—	—	—	—	—

No. LII.

Beef, veal, mutton, &c.	225.72	40.0	34.3	4.8		2.27	18.9	37.0	39.4	1.4		32.9
Pork, lard, &c.	46.26	10.58	12.1	—		.79	3.9	9.7	13.9	—		11.5
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	69.84	5.8	0.1	—		.35	5.9	5.4	.1	—		5.1
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	24.84	0.2	21.1	—		.43	2.1	.2	24.2	—		6.2
Cheese ...	9.0	2.4	3.3	0.3		.15	.8	2.2	3.8	.1		2.2
Milk ...	90.0	2.9	3.6	4.5		.27	7.6	2.7	4.2	1.3		3.9
Black pudding	13.5	0.4	2.1	0.5		.08	1.1	.4	2.4	.2		1.2
Total animal food ...	479.16	62.2	76.6	10.1	1008.8	4.34	40.3	57.6	88.0	3.0	38.3	63.0
Cereals...	459.18	43.1	10.3	231.4		1.85	38.5	39.8	11.8	68.6		26.9
Sugars and starches ...	73.08	—	—	73.1		.40	6.1	—	—	21.7		5.8
Vegetables ...	172.80	2.8	0.2	22.3		.25	14.5	2.6	.2	6.7		3.6
Fruits ...	7.38	—	—	0.2		.05	.6	—	—	—		.7
Total vegetable food ...	712.44	45.9	10.5	327.0	1626.5	2.55	59.7	42.4	12.0	97.0	61.7	37.0
Total food ...	1191.60	108.1	87.1	337.1	2635.3	6.89	100.0	100.0	100.0	100.0	100.0	100.0
Beverages,condiments, &c. ...	20.51	—	—	—	—	.63	—	—	—	—	—	—

No. LIII.

Kind of Food Material.	Weights.				Energy Value in Calories.	Cost in Pence.	Percentages of Total Food.					
	Food Material in Grams.	Nutrients.					Food Ma- terial.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, vcal, mutton, &c.	105.0	20.1	23.6	2.1		1.48	P. ct. 8.2	P. ct. 22.2	P. ct. 42.7	P. ct. .5	P. ct.	P. ct. 27.2
Pork, lard, &c.	3.0	0.6	0.7	—		.06	.2	.7	1.3	—		1.1
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	73.68	6.1	0.1	—		.47	5.8	6.7	.2	—		8.6
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	16.44	0.1	13.9	—		.58	1.3	.1	25.2	—		10.6
Cheese ..	9.0	2.4	3.3	0.3		.19	.7	2.7	6.0	.1		3.5
Milk ...	157.5	5.2	4.3	7.9		.36	12.4	5.7	7.8	1.9		6.6
Total animal food ...	364.62	34.5	45.9	10.3	610.5	3.14	28.6	38.1	83.2	2.5	23.9	57.6
Cereals... ..	513.0	49.9	9.0	283.0		1.46	40.3	55.1	16.3	69.7		26.8
Sugars and starches ...	72.0	—	—	72.0		.39	5.6	—	—	17.7		7.2
Vegetables ...	324.84	6.2	0.3	40.9		.46	25.5	6.8	.5	10.1		8.4
Fruits	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	930.84	56.1	9.3	395.9	1939.7	2.31	71.4	61.9	16.8	97.5	76.1	42.4
Total food ...	1274.46	90.6	55.2	406.2	2550.2	5.45	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condi- ments, &c. ...	10.3	—	—	—	—	.37	—	—	—	—	—	—

No. LIV.

Beef, veal, mutton, &c.	119.89	21.2	21.9	—		1.30	8.2	18.8	25.9	—		16.0
Pork, lard, &c.	22.79	5.1	5.9	—		.54	1.6	4.5	7.0	—		6.7
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	24.16	1.6	—	—		.27	1.7	1.4	—	—		3.3
Eggs ...	30.15	3.5	2.8	—		.75	2.1	3.1	3.3	—		9.2
Butter ...	31.22	0.3	26.5	—		.90	2.1	.3	31.3	—		11.1
Cheese ...	5.70	1.5	2.0	0.2		.12	.4	1.3	2.4	—		1.5
Milk ...	341.90	11.2	13.6	17.0		.88	23.5	9.9	16.1	3.4		10.9
Total animal food ...	575.81	44.4	72.7	17.2	928.7	4.76	39.6	39.3	86.0	3.4	28.3	58.7
Cereals...	663.98	66.4	11.7	370.1		2.38	45.6	58.8	13.8	74.8		29.4
Sugars and starches ...	95.50	0.2	—	88.4		.72	6.6	.2	—	17.8		8.9
Vegetables ...	112.60	1.8	0.1	14.8		.17	7.7	1.6	.1	3.0		2.1
Fruits ...	7.06	0.1	0.1	5.2		.07	.5	.1	.1	1.0		.9
Total vegetable food ...	879.14	68.5	11.9	478.5	2353.3	3.34	60.4	60.7	14.0	96.6	71.7	41.3
Total food ...	1454.95	112.9	84.6	495.7	3282.0	8.10	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	19.37	—	—	—	—	.82	—	—	—	—	—	—

No. LV.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	135.77	28.6	28.0	2.5		1.64	P. ct. 10.7	P. ct. 28.0	P. ct. 48.2	P. ct. 0.6		P. ct. 33.1
Pork, lard, &c.	7.31	1.6	1.9	—		.15	.6	1.6	3.3	—		3.0
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	75.06	12.5	0.2	—		.24	5.9	12.2	0.3	—		4.8
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	15.21	0.1	12.9	—		.26	1.2	0.1	22.3	—		5.2
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk (skim) ...	237.77	8.0	7.1	12.1		.41	18.7	7.8	12.2	2.9		8.3
Total animal food ...	471.12	50.8	50.1	14.6	734.1	2.70	37.1	49.7	86.3	3.5	27.3	54.4
Cereals ...	494.71	48.7	7.8	279.5		1.50	38.9	47.7	13.4	66.3		30.3
Sugars and starches ...	106.08	—	—	106.1		.57	8.3	—	—	25.2		11.5
Vegetables ...	200.31	2.7	0.2	21.0		.19	15.7	2.6	0.3	5.0		3.8
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	801.10	51.4	8.0	406.6	1952.0	2.26	62.9	50.3	13.7	96.5	72.7	45.6
Total food ...	1272.22	102.2	58.1	421.2	2686.1	4.96	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	13.02	—	—	—	—	.44	—	—	—	—	—	—

No. LVI.

Beef, veal, mutton, &c.	103.32	15.9	16.2	1.2		1.19	6.3	14.4	18.9	.2		15.8
Pork, lard, &c.	16.94	3.8	4.4	—		.36	1.0	3.4	5.1	—		4.8
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	—	—	—	—		—	—	—	—	—		—
Eggs ...	29.82	3.5	2.7	—		.50	1.8	3.2	3.1	—		6.7
Butter ...	39.59	0.3	33.6	—		.96	2.4	.3	39.1	—		12.8
Cheese ...	17.58	4.8	6.4	0.7		.36	1.1	4.4	7.45	.1		4.8
Milk (sweet and skim) ...	293.73	9.8	6.4	14.9		.65	17.8	8.9	7.45	3.0		8.6
Black pudding	10.68	0.3	1.7	0.4		.09	.6	.3	2.0	.1		1.2
Total animal food ...	511.66	38.4	71.4	17.2	892.0	4.11	31.0	34.9	83.1	3.4	27.0	54.7
Cereals ...	646.78	62.6	14.0	340.2		2.29	39.3	56.7	16.3	67.9		30.5
Sugars and starches ...	98.76	0.6	—	88.6		.60	6.0	.5	—	17.7		8.0
Vegetables ...	390.43	8.7	0.5	54.8		.51	23.7	7.9	.6	11.0		6.8
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1135.97	71.9	14.5	483.6	2412.4	3.40	69.0	65.1	16.9	96.6	73.0	45.3
Total food ...	1647.63	110.3	85.9	500.8	3304.4	7.51	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	10.25	—	—	—	—	.37	—	—	—	—	—	—

No. LVII.

Kind of Food Material.	Weights.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Ma- terial.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo- hydrates in Grams.				Protein.	Fat.	Carbo- hy- drates.		
Beef, veal, mutton, &c.	124.44	24.2	24.6	1.7		1.51	P. ct. 7.8	P. ct. 21.4	P. ct. 34.1	P. ct. .4	P. ct.	23.7
Pork, lard, &c.	27.47	5.7	8.6	—		.44	1.7	5.0	11.9	—		6.9
Black pudding	3.63	0.1	0.5	0.1		.04	.2	.1	.7	—		.6
Fish	70.94	10.9	0.7	—		.40	4.4	9.6	1.0	—		6.3
Eggs	4.80	0.5	0.4	—		.07	.3	.4	.6	—		1.1
Butter	17.73	0.1	15.0	—		.44	1.2	.1	20.7	—		6.9
Cheese	5.01	1.3	1.8	0.2		.10	.3	1.2	2.5	—		1.6
Milk	154.47	5.0	6.1	7.7		.40	9.6	4.4	8.4	1.7		6.3
Buttermilk ...	90.86	2.7	0.4	4.3		.15	5.7	2.4	.6	1.0		2.4
Total animal food	499.35	50.5	58.1	14.0	804.8	3.55	31.2	44.6	80.5	3.1	27.1	55.8
Cereals... ..	506.88	51.3	13.5	267.0		1.58	31.7	45.4	18.7	59.5		24.8
Sugars and starches ...	99.07	—	—	97.9		.55	6.1	—	—	21.8		8.6
Vegetables ...	495.68	11.3	0.6	69.7		.69	31.0	10.0	.8	15.6		10.8
Fruits	—	—	—	—		—	—	—	—	—		—
Total vegetable food	1101.63	62.6	14.1	434.6	2169.6	2.82	68.8	55.4	19.5	96.9	72.9	44.2
Total food ...	1600.98	113.1	72.2	448.6	2974.4	6.37	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condi- ments, &c. ...	11.63	—	—	—	—	.41	—	—	—	—	—	—

No. LVIII.

Beef, veal, mutton, &c.	106.31	20.1	22.5	0.2		1.82	6.4	18.9	25.5	—		20.4
Pork, lard, &c.	10.01	2.0	3.4	—		.24	.6	1.9	3.9	—		2.7
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	49.79	6.2	0.5	—		.36	3.0	5.8	.6	—		4.0
Eggs ...	64.45	7.6	5.9	—		1.32	3.9	7.2	6.7	—		14.7
Butter ...	29.94	0.3	25.4	—		.91	1.8	.3	28.8	—		10.2
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	354.37	11.6	14.1	17.7		.94	21.3	10.9	16.0	4.1		10.5
Total animal food ...	614.87	47.8	71.8	17.9	937.1	5.59	37.0	45.0	81.5	4.1	30.9	62.5
Cereals...	468.48	47.5	15.7	234.6		1.83	28.2	44.6	17.8	54.2		20.4
Sugars and starches ...	135.72	1.3	—	118.0		.85	8.2	1.2	—	27.3		9.5
Vegetables ...	436.05	9.7	0.5	57.3		.62	26.2	9.1	.6	13.2		6.9
Fruits ...	7.17	0.1	0.1	5.0		.06	.4	.1	.1	1.2		.7
Total vegetable food ...	1047.42	58.6	16.3	414.9	2092.9	3.36	63.0	55.0	18.5	95.9	69.1	37.5
Total food ...	1662.29	106.4	88.1	432.8	3030.0	8.95	100.0	100.0	100.0	100.0	100.0	100.0
Beverages, condiments, &c. ...	11.07	—	—	—	—	.45	—	—	—	—	—	—

No. LIX.

KIND OF FOOD MATERIAL.	WEIGHTS.				Energy Value in Calories.	Cost in Pence.	PERCENTAGES OF TOTAL FOOD.					
	Food Material in Grams.	Nutrients.					Food Material.	Nutrients.			Energy Value in Calories.	Cost.
		Protein in Grams.	Fat in Grams.	Carbo-hydrates in Grams.				Protein.	Fat.	Carbo-hydrates.		
Beef, veal, mutton, &c.	139.96	24.4	20.0	1.8		1.67	P. ct. 13.8	P. ct. 28.8	P. ct. 22.9	P. ct. .9		P. ct. 22.4
Pork, lard, &c.	23.56	4.6	8.2	—		.49	2.3	5.4	9.4	—		6.6
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	63.38	10.5	0.1	—		.31	6.3	12.4	.1	—		4.2
Eggs ...	94.80	11.2	8.8	—		1.71	9.4	13.3	10.1	—		23.0
Butter ...	36.87	0.3	31.3	—		1.13	3.6	.3	35.9	—		15.2
Cheese ...	—	—	—	—		—	—	—	—	—		—
Milk ...	117.81	3.8	4.7	5.8		.31	11.6	4.5	5.4	2.9		4.2
Black pudding	41.23	1.3	6.6	1.6		.45	4.1	1.5	7.6	.8		6.0
Total animal food ...	517.61	56.1	79.7	9.2	1008.9	6.07	51.1	66.2	91.4	4.6	51.0	81.6
Cereals... ..	259.74	25.2	7.3	129.5		.99	25.7	29.8	8.4	64.7		13.3
Sugars and starches ...	32.40	—	—	32.4		.18	3.2	—	—	16.2		2.4
Vegetables ...	201.82	3.5	0.2	28.9		.20	20.0	4.0	.2	14.5		2.7
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	493.96	28.7	7.5	190.8	969.7	1.37	48.9	33.8	8.6	95.4	49.0	18.4
Total food ...	1011.57	84.8	87.2	200.0	1978.6	7.44	—	—	—	—	—	—
Beverages, condiments, &c. ...	6.59	—	—	—	—	.29	—	—	—	—	—	—

No. LX.

Beef, veal, mutton, &c.	81.0	15.0	16.1	—		1.33	4.9	13.8	14.9	—		16.1
Pork, lard, &c.	—	—	—	—		—	—	—	—	—		—
Poultry ...	—	—	—	—		—	—	—	—	—		—
Fish ...	50.62	4.2	0.1	—		.31	3.1	3.9	0.1	—		3.7
Eggs ...	—	—	—	—		—	—	—	—	—		—
Butter ...	70.87	0.7	60.2	—		2.0	4.3	.6	55.5	—		24.2
Cheese ...	5.06	1.4	1.8	0.2		.11	.3	1.3	1.7	—		1.3
Milk ...	430.31	14.2	17.2	21.5		1.11	26.0	13.1	15.9	3.7		13.4
Total animal food ...	637.86	35.5	95.4	21.7	1121.7	4.86	38.6	32.7	88.1	3.7	29.2	58.7
Cereals...	691.13	69.7	12.7	398.7		2.38	41.8	64.4	11.7	68.2		28.8
Sugars and starches ..	141.75	—	—	141.7		.78	8.6	—	—	24.2		9.4
Vegetables ...	182.25	3.1	0.2	22.7		.26	11.0	2.9	0.2	3.9		3.1
Fruits ...	—	—	—	—		—	—	—	—	—		—
Total vegetable food ...	1015.13	72.8	12.9	563.1	2727.2	3.42	61.4	67.3	11.9	96.3	70.8	41.3
Total food ...	1652.99	108.3	108.3	584.8	3848.9	8.28	—	—	—	—	—	—
Beverages, condiments, &c. ...	10.1	—	—	—	—	.40	—	—	—	—	—	—

APPENDIX IV.

Physical Condition of Children.

GIRLS.						Boys.					
Number.	Age.	Height.	Weight.	Kilos.	Energy Value of Diet. Calories.	Number.	Age.	Height.	Weight.	Kilos.	Energy Value of Diet. Calories.
	Yrs.	Ft. Ins.	Lbs.				Yrs.	Ft. Ins.	Lbs.		
XIV., -	13	—	76	34·2	2690	XXI., -	11	—	60	27·0	2329
XIV., -	12	—	60	27·0	2690	II., -	10	—	63	28·3	4003
XXIV., -	11	—	39	17·5	2412	IV., -	10	—	56	25·2	3882
XXXIX., -	10½	3 9½	55	24·7	3422	XIV., -	9	—	45	20·2	2690
XIV., -	10	—	45½	20·5	2690	X., -	8	—	43	19·3	2435
XV., -	10	—	56	25·2	2936	II., -	8	—	50	22·5	4003
XVII., -	9¾	3 3½	44	19·8	2931	XLI., -	6¾	3 9½	53	23·8	2723
XXI., -	9	—	37½	16·9	2329	LVIII., -	6	3 1	38	17·1	3030
IV., -	8	—	45	20·2	3882	XIV., -	6	—	36	16·2	2690
II., -	7	—	39	17·5	4003	XXX., -	5½	2 6	21	9·4	3136
XXXII., -	6¼	3 2½	39	17·5	3822	XLIX., -	5½	3 4	42	18·9	3341
L., -	6¼	3 4	37	16·6	3471	LIX., -	5	3 0	26	11·7	1978
XL., -	6	3 6½	47	21·1	3215	LVII., -	5	3 ¾	37	16·6	2974
XXXI., -	6	3 3½	43	19·3	3116	II., -	5	—	35	15·7	4003
IV., -	6	—	39	17·5	3882	III., -	5	—	37	16·6	2891
XXIV., -	6	—	28	12·6	2412	XXXVI., -	3¼	3 0½	35	15·7	4091
LV., -	5¾	3 ¾	42	18·9	2686						
XLII., -	5½	3 4	34	15·3	2772						
XVIII., -	5½	3 7¼	43	19·3	3248						
LIV., -	5	3 3	33	14·8	3282						

GLASGOW STANDARD MEAN WEIGHTS (MACKENZIE).

(Quoted from Macgregor—Physique of Glasgow Children.)

Age.	Girls. Lbs.	Boys. Lbs.
5—6	37·8	38·6
6—7	40·6	41·8
7—8	43·9	45·3
8—9	47·5	49·3
9—10	51·9	53·6

APPENDIX V.

Diets of Rickety Families.

Group.	Number.	Protein Content in Grms.	Fat Content in Grms.	Calories.	Number of Rooms.	Number in House.
D	II., - -	135.7	88.4	4003	2	7
B	IV., - -	138.2	87.1	3882	3	12
K	V., - -	115.0	68.1	3305	3	12*
E	XVII., -	103.0	63.5	2931	2	7
F	XVIII., -	107.2	70.7	3248	2	6
F	XXI., -	90.9	56.5	2329	2	9
G	XXIV., -	64.0	48.8	2412	3	8
G	XXVI., -	112.0	84.0	3144	2	8
D	XXX., -	108.5	71.4	3136	2	10
A	XXXII., -	99.8	56.5	2329	2	9†
A	XXXIX., -	111.2	77.9	3422	2	10
B	LVI., -	110.3	85.9	3304	2	8
F	LVII., -	113.1	72.2	2974	2	8
C	LVIII., -	106.4	88.1	3030	2	6

* 13 people sleep in the house.

† 6 of these are over 16 years of age.

APPENDIX VI.

Those marked "A." are from "American Food Materials," by Atwater and Bryant, Bulletin 28 (Revised Edition) U.S. Department of Agriculture, 1899.

Those marked "E." are from analyses made in the College of Physicians' Laboratory, Edinburgh.

Those marked "G." are from analyses made in the Physiology Laboratory, Glasgow University.

ANIMAL FOOD.					VEGETABLE FOOD.				
Kind of Food.	Source of Analysis.	Protein.	Fat.	Carbo-hydrates.	Kind of Food.	Source of Analysis.	Protein.	Fat.	Carbo-hydrates.
Beef (flank) ...	A., p. 21	18·6	19·9	—	Bread ...	A., p. 61	9·2	1·3	53·1
Veal ...	A., p. 31	15·5	7·9	—	Scone ...	G.	10·6	7·7	32·1
Mutton (loin) ...	A., p. 36	23·7	18·5	—	Flour ...	A., p. 58	11·4	1·0	75·1
Sheep's head ...	A., p. 37	16·6	0·2	—	Meal ...	A., p. 56	16·1	7·2	67·5
Sheep's heart ...	A., p. 37	16·9	12·6	—	Barley ...	A., p. 56	8·5	1·1	77·8
Liver ...	A., p. 28	20·2	3·1	2·5	Semolina ...	G.	11·9	0·6	75·8
Corned beef ...	A., p. 30	14·3	23·8	—	Corn flour ...	A., p. 56	7·1	1·3	78·4
Potted meat ...	E.	23·6	27·7	—	Rice ...	A., p. 57	8·0	0·3	79·0
Tongue ...	A., p. 29	14·1	6·7	—	Rolled oats ...	A., p. 54	16·7	7·3	66·2
Mince ...	G.	17·9	31·1	—	Quaker oats ...	G.	14·7	6·2	69·8
Sausages ...	G.	17·1	23·4	7·1	Force ...	G.	10·2	2·1	68·1
Black pudding ...	G.	3·2	16·2	4·1	Macaroni ...	A., p. 59	13·4	0·9	74·1
Dripping ...	E.	—	97·7	—	Potatoes ...	A., p. 68	1·8	0·1	14·7
Soup ...	E.	1·1	0·1	7·8	Cabbage ...	A., p. 66	1·4	0·2	4·8
Chicken ...	A., p. 44	13·7	12·3	—	Carrots ...	A., p. 66	0·9	0·2	7·4
Rabbit ...	G.	21·4	9·7	—	Turnips ...	A., p. 69	0·9	0·1	5·7
Ham ...	G.	22·7	26·2	—	Onions ...	A., p. 67	1·4	0·3	8·9
Pork chops ...	A., p. 38	13·4	24·2	—	Peas ...	A., p. 67	24·6	1·0	62·0
Salmi ...	A., p. 43	21·8	36·2	—	Haricot beans ...	A., p. 65	22·5	1·8	59·6
Tripe ...	E.	14·1	3·1	—	Lentils ...	A., p. 67	25·7	1·0	59·2
Eggs ...	A., p. 53	11·9	9·3	—	Lettuce ...	A., p. 67	1·0	0·2	2·5
Butter ...	A., p. 54	1·0	85·0	—	Celery ...	A., p. 66	0·9	0·1	2·6
Cheese (cheddar) ...	A., p. 54	27·7	36·8	4·1	Beetroot ...	A., p. 65	1·3	0·1	7·7
Milk (sweet) ...	A., p. 55	3·3	4·0	5·0	Cucumber ...	A., p. 66	0·7	0·2	2·6
„ (skim) ...	A., p. 55	3·4	0·3	5·1	Rhubarb ...	A., p. 68	0·4	0·4	2·2
„ (condensed) ...	G.	11·5	0·4	43·7	Sugar ...	A., p. 65	—	—	100·0
Buttermilk ...	E.	3·0	0·5	4·8	Jam ...	A., p. 74	0·6	0·1	84·5
Haddock (fresh) ...	A., p. 47	8·4	0·2	—	Syrup ...	A., p. 64	2·4	—	69·3
„ (Findon) ...	G.	16·1	0·4	—	Sago ...	A., p. 64	9·0	0·4	78·1
Herring (fresh) ...	A., p. 47	11·2	3·9	—	Arrowroot ...	A., p. 64	—	—	97·0
„ (salt) ...	E.	18·9	14·6	—	Tapioca ...	A., p. 65	0·4	0·1	88·0
„ (kipper) ...	G.	23·7	3·4	—	Oranges ...	A., p. 72	0·6	0·1	8·5
Halibut ...	A., p. 47	15·3	4·4	—	Tomatoes ...	A., p. 69	0·9	0·4	3·9
Sardines ...	A., p. 51	30·2	18·6	—	Apples ...	A., p. 71	0·3	0·3	10·8
Mackerel ...	A., p. 47	10·2	4·2	—	Bananas ...	A., p. 71	0·8	0·4	14·3
Cod ...	A., p. 46	16·7	0·3	—	Prunes ...	A., p. 73	1·8	—	62·2
Salt cod, ling ...	A., p. 50	19·0	0·4	—	Currants ...	A., p. 73	2·4	1·7	74·2
Flounder ...	A., p. 47	6·4	0·3	—	Raisins ...	A., p. 73	2·3	3·0	68·5
Fish supper ...	G.	7·5	6·9	23·8	Oil ...	—	—	100·0	—
					Yeast ...	A., p. 75	11·7	0·4	21·0



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